

'71



# OUR DAYS OF GRACE

TINA HAMM







50

***AS I ENTER...***







### MY THANKS

People everywhere in life from every walk and station  
From every town and city and every state and nation,  
Have given me so many things intangible and dear,  
I couldn't begin to count them all or even make them clear...  
I only know I owe so much to people everywhere  
And when I put my thoughts in verse, it's just a way to share  
The musings of a thankful heart, a heart much like your own,  
For nothing that I think or write is mine or mine alone...  
So, if you find some beauty in any word or line,  
It's just "Your Soul's Reflection" in proximity with mine.





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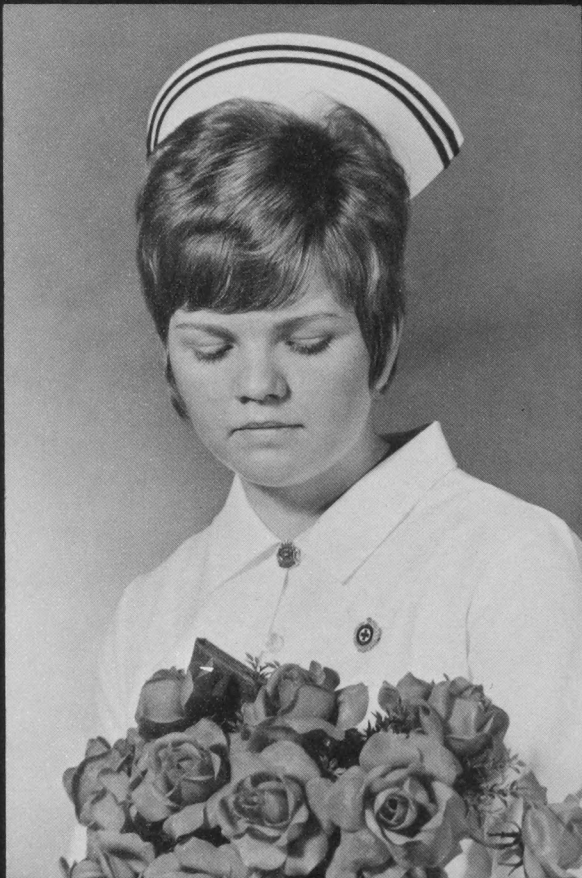
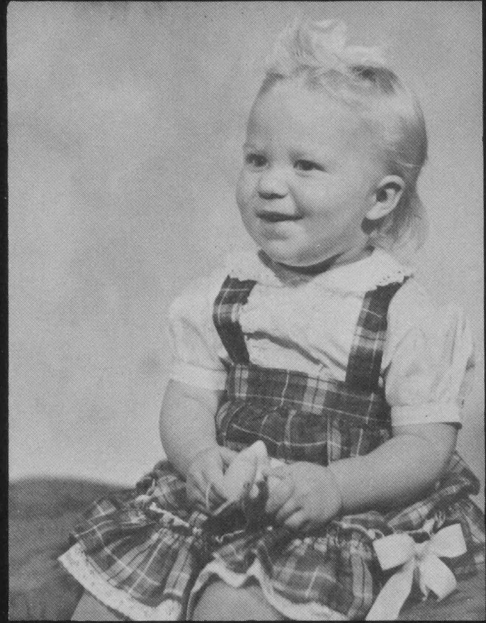


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***As Time Goes by...***







...it's been many years since I was a little girl...

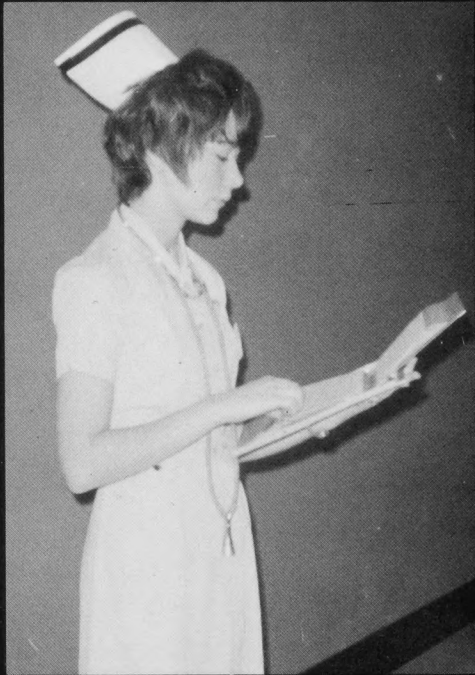


"Keep your eyes on the stars..."



... I have travelled now to a woman's place, amidst learning, practicing, and helpful advice...





... daily with many ideals, ambitions,  
and confidence, I perform...



...hope that once was mocked, or lost,  
is now alive, and I am grateful...





...and, tomorrow brings fulfillment of  
dreams born from love...

For yesterday is but a dream  
And tomorrow is only a vision,  
But today, well lived  
Makes every yesterday  
A Dream of Happiness  
And every tomorrow a vision of Hope...



As I have matured from a child  
to a woman; my respect, understand-  
ing, and love for you have grown...  
you have helped me to become the  
proud woman and nurse I am today.

With all my love and gratitude, I  
dedicate my days of Grace to you:

MOM and DAD...







Cathy Anderson - St. James, Man.

Fear not; for I have redeemed thee, I have called thee by name; thou art mine. When thou passest through the waters, I will be with thee.

- Isaiah 45:1, 2 -



Judy Backlund - Minnedosa, Man.

"You don't live in a world all alone;  
Your brothers are here too."

- Albert Schweitzer -



Karin Berndt - Winnipeg, Man.

If my heart be scarred and burned,  
The better I, for all I've learned.

- unknown -



Cheryl Louise Boake - Nesbitt, Man.

"To be happy is not to possess much,  
but to hope and to love much."

- anonymous -





Janet Marie Braun - Plum Coulee, Man.

"God grant me the serenity to accept the  
things I cannot change,  
Courage to change the things I can,  
And wisdom to know the difference.

- anonymous -



Penelope Jane Brewer - Winnipeg, Man.

It often shows a fine command of language  
...to say nothing.

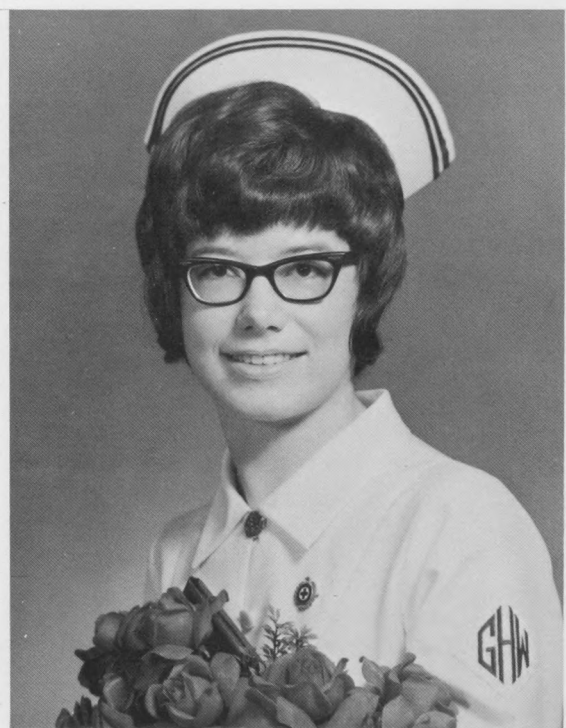
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Rosalie Dawn Brooks - Winnipeg, Man.

Blest are they who walk in love -  
They also walk with God above.

- C. Rice -



Sharon Lynne Bruce - Miami, Man.

Every joy is gain  
And gain is gain, however small.

- Robert Browning -



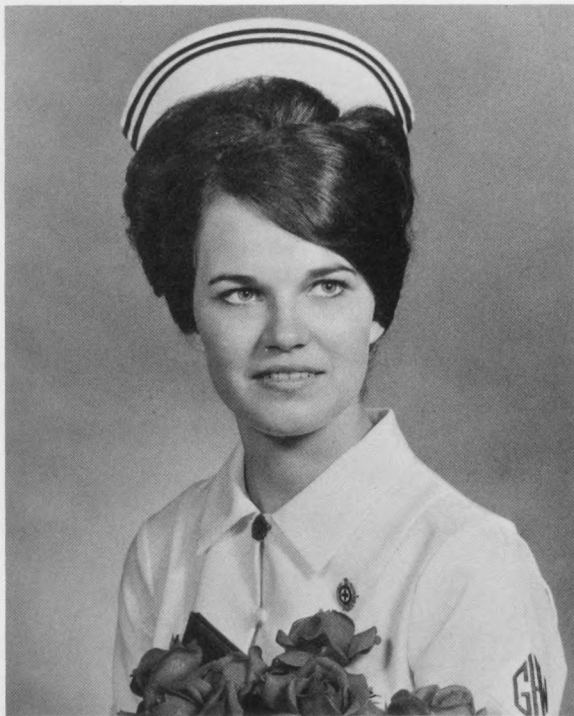
Lynda Diane Burnett - Winnipeg, Man.

Today is the first day of the rest of your life.  
- anonymous -



Elsie Cymbaluk (nee Buck) - Grand Rapids, Man.

We pass thro' this world but once  
Any good therefore that we can do  
Or any kindness that we can show  
To any fellow man - Let us do it now.



Corine V. Dyck - Winnipeg, Man.

Life is to be fortified by many friendships.  
To love and to be loved, is the greatest  
happiness of existence.

- Sidney Smith -



Doreen Mae Dyck - Morden, Man.

To look up and not down, to look forward,  
and not back;  
To look out and not in, and to lend a hand.  
- Edward Everett Hale -





Irene Dyck - Winnipeg, Man.

This above all, to thine own self be true;  
And it must follow, as the night the day,  
Thou canst not then be false to any man.  
- Wm. Shakespeare -



Ruth Ewert - Steinbach, Man.

God, teach my fingers carefulness;  
Make their touch warm and true,  
And as I'm waiting on the sick,  
Lord, keep me serving You.

- selected -



Elizabeth (Betty) Friesen - Hilbre, Man.

Here's a thought worth pondering  
There isn't any doubt  
That the surest way to happiness  
Is spreading it about.

- H.B.S. -



Catalina (Tina) Hamm - Morden, Man.

Each is given a bag of tools,  
A shapeless mass, and a book of rules;  
And each must make, ere life is flown,  
A stumbling block, or a stepping stone.



Bonnie Jane Harper - Kenora, Ont.

What do we live for, if it is not to  
make life less difficult to others?

- George Elliot -



Patricia Annette Hrynchuk - Winnipeg, Man.

No man can be happy without a friend, nor  
be sure of his friend until he is unhappy.

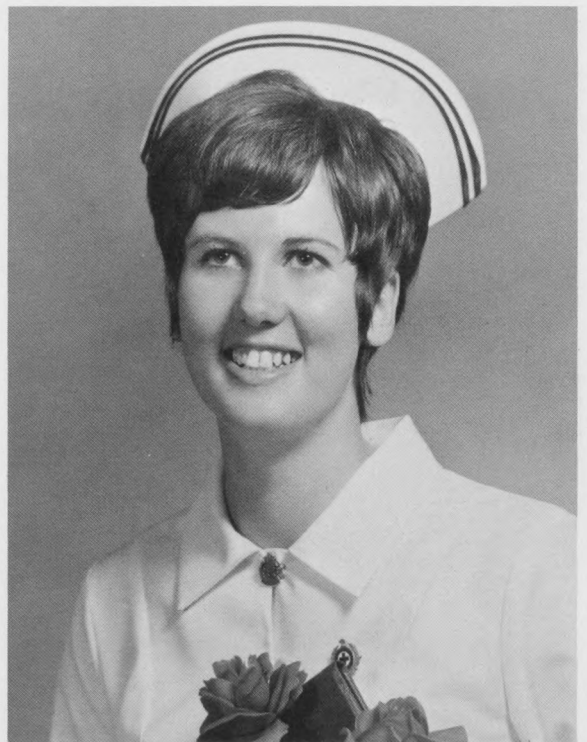
- Thomas Fuller -



Elaine Hubic - Norquay, Sask.

Today is the tomorrow you worried about  
yesterday and all is well.

- anonymous -



Sandra Hutchinson - St. James, Man.

The woods are lovely, dark and deep,  
But I have promises to keep,  
And miles to go before I sleep.

- Robert Frost -





Esther Anne Janzen - Winnipeg, Man.

Friendship is the shadow of the evening,  
which strengthens with the setting sun of  
life.

- La Fontaine -



Phyllis Jean Jessett - St. James, Man.

"Even a child is known by his doings."

- Proverbs 20:11 -



Elizabeth Fanshun Kellett (nee Powell) -  
Edmonton, Alta.

"A cheerful heart does good, like a  
medicine..."

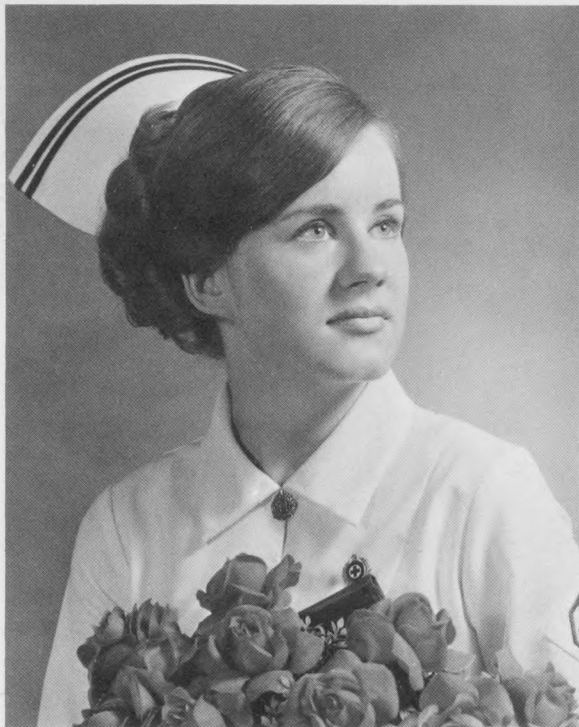
- Proverbs 17:22 -



Martha Klassen - Steinbach, Man.

"A sorrow shared is but half a trouble,  
But a joy that's shared is a joy made  
double."

- unknown -



Edith Kliever - St. James, Man.

Gentleness is a divine trait: nothing is so strong as gentleness, and nothing is so gentle as real strength.  
- Ralph W. Sockman -



Leona Kuhl - Morden, Man.

"Make me an instrument to do your will;  
Take my life and with your wonder fill my  
very being. Father, may I always on thee  
rely."



Deanna Adele Larson - Thief River Falls,  
Minn.

He is no fool who gives what he cannot keep  
to gain what he cannot lose.  
- Jim Elliot -



Helen Catherine (Cathie) Lennerton -  
St. James, Man.

Never measure the height of a mountain  
until you have reached the top. Then you  
will see how low it was.  
- Dag Hammerskjold -





Barbara Jean Lewthwaite - Redvers, Sask.

I shall pass through this world but once, if  
therefore there be any kindness I can show,  
or any good thing I can do - let me do it  
now; let me not defer it or neglect it, for I  
shall not pass this way again.

- Stephen Grellet -



Shirley Antonia (Tonie) Malyska -  
Deloraine, Man.

The man who does his work, any work,  
conscientiously, must always be in one  
sense a great man.

- Mulock -



Lois Gloria Mann - Winnipeg, Man.

It is not the deed we do -  
Tho' the deed be never so fair  
But love that is always the priceless thing  
Hidden with Holy care  
In the heart of the deed so fair.



Shirley Anne Martin - Roland, Man.

There are hundreds of languages in the  
world, but a smile speaks all of them.

- anonymous -



Janice Lynn Meadows - Minnedosa, Man.

"...Nothing in life that is worthy  
Is ever too hard to achieve  
If you have the courage to try it  
If you have the faith to believe..."  
- Helen Steiner Rice -



Ann Joyce Meekison - Winnipeg, Man.

There are roads that are smoother to travel,  
I grant you  
But go where I will  
There is never a pathway that calls me,  
Like this that leads over the hill.  
- Will Ogilvie -



Elizabeth (Betty) Neufeld - Elm Creek, Man.

The thing that goes the furthest towards  
making life worthwhile,  
That costs the least and does the most, is  
just a pleasant smile.



Joy Darlene Nikkel - Clarkleigh, Man

Pleasant as it is to behold the face of nature,  
it has no beauty like the countenance of a  
beloved friend.  
- W. Lloyd Garrison -





Constance Karen Olafson - Chatfield, Man.

I believe that love is the greatest thing in the world; that it alone can overcome hate; that right can and will triumph over might.  
- John D. Rockefeller, Jr. -



Pamela Lorraine Olds - Victoria, B.C.

The comfort of having a friend may be taken away;  
But not that of having had one.  
- Seneca -



Deborah Ellen Graham (nee Paulson) -  
St. James, Man.

Leave all things to take their natural course,  
and do not interfere.  
- Lse - Tung -



Ruth Penner - Winkler, Man.

Write your name in kindness, love and mercy,  
on the thousands you come in contact with,  
and you will never be forgotten.  
- Chalmers -



Gayle Evelyn Riach - Ridgville, Man.

Love in your heart wasn't put there to stay,  
Love isn't love 'till you give it away.

- Oscar Hammerstein 11 -



Joanne Elizabeth Robertson - Winnipeg,  
Man.

" 'Tis better to have loved and lost, than  
never to have loved at all. "

- unknown -



Clara Roy (nee Everett) - Berens River,  
Man.

What we have done for ourselves alone dies  
with us; what we have done for others and  
the world remains and is mortal.

- Albert Pine -



Vicki Mae Scales - Swan River, Man.

One of the most beautiful qualities of true  
friendship is to understand and to be under-  
stood.

- Seneca -





Elaine Anne Schmidt - Oak Bluff, Man.

Life is long but we must live it  
Just a minute at a time.

- Duffy -



Karen Anne Schweitz - St. James, Man.

It is better never to begin a good work,  
than, having begun it, to stop.

- unknown -



Linda Grace Skilliter - Armit, Sask.

Ships are only hulls, high walls are nothing  
When no life moves in the empty passages.

- Oedipus Rex v -



Karen Dawn Smith - Charleswood, Man.

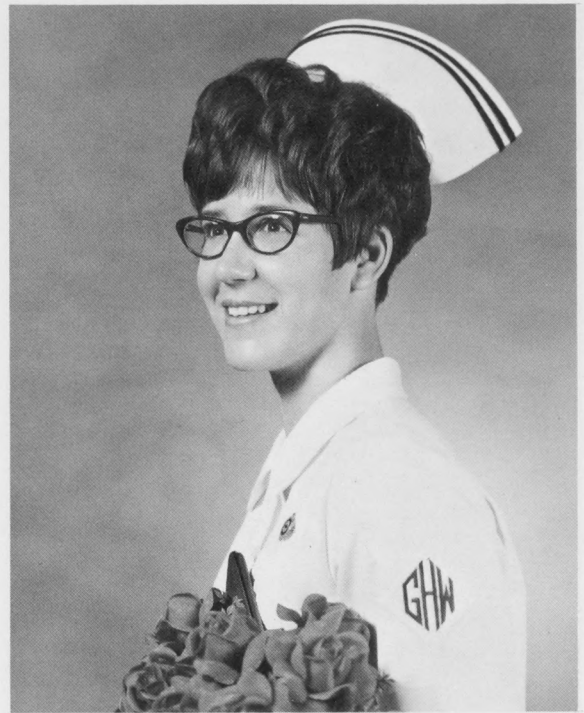
I slept and dreamed that life was beauty,  
I woke to find that life was duty.

- Ellen Sturgis Hooper -  
23



Mable Unrau - Selkirk, Man.

The capacity for receiving pleasure from common things is one of the secrets of a happy life.



Irene Marie Vanhove - Deloraine, Man.

"You can't change the past but you can ruin a perfectly good present, worrying about the future."

- unknown -



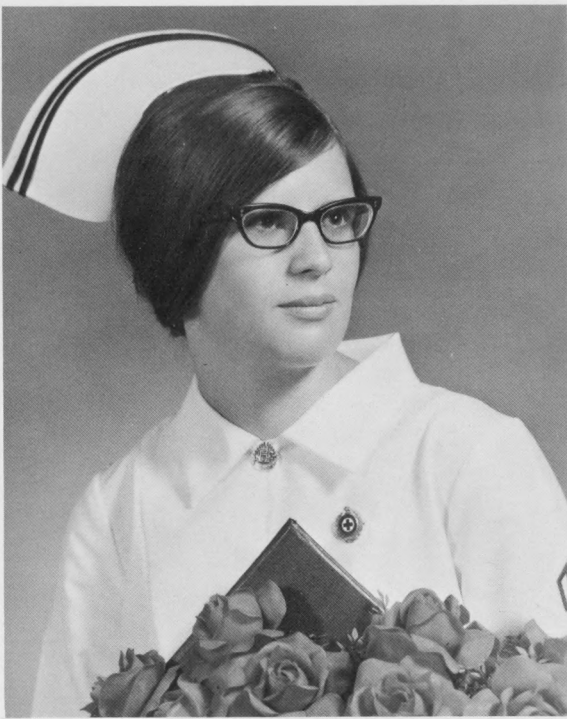
Shirley Walker (nee Peters) - Portage la Prairie, Man.

Trust in the Lord with all thine heart; and lean not upon thy own understanding, In all thy ways acknowledge Him, and He shall direct thy paths.

- Proverbs 3:5, 6 -

Loving memories never die  
As days go on  
and years go by,  
Deep in our hearts  
the memories kept,  
Of friends we have made...  
and will never forget.

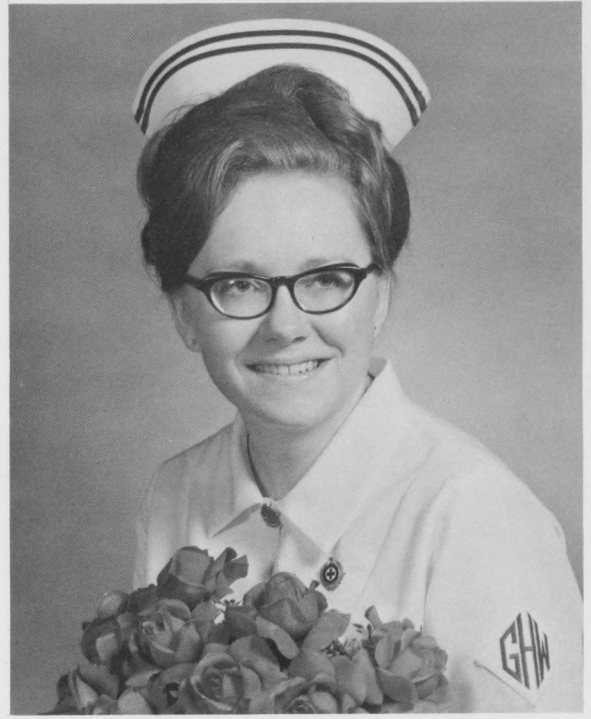




Marlene Evelyn Watson - Winnipeg, Man.

Each morning sees some task begin,  
Each evening sees it close,  
Something attempted, something done,  
Has earned a night's repose.

- Longfellow -



Linda Ruth Webb - Manitou, Man.

The past is but the beginning of a beginning,  
and all that is and has been is but the  
twilight of the dawn.

- Hubert George Wells -

#### A NURSES' PRAYER

Because the day that stretches out for me  
Is full of busy hours I come to Thee  
To ask Thee, Lord, that Thou wilt see me thro'  
The many things that I may have to do.  
Help me to make my beds the smoothest way,  
Help me to make more tempting every tray,  
Help me sense when pain must have relief,  
Help me to deal with those borne down with grief.  
Help me to take to every patient's room  
The Light of Life to brighten up the gloom,  
Help me to bring to every soul in fear  
The sure and steadfast thought that Thou art near  
And if today, or if tonight, maybe  
Some patients in my care set out to sea  
To face the great adventure we call death  
Sustain them Father in their parting breath.  
Help me to live throughout the livelong day  
As one who loves Thee well, Dear Lord, I pray:  
And when the day is done, and the evening stars  
Shine thro' the dark above the sunset bars,  
When weary quiet, I turn to seek my rest,  
Lord, may I truly know I've done my best.



***As I Graduate...***





.. **Fifty Three R.N.'s**

# ***Valedictory Address***

Honored guests, friends--but most of all Mom and Dad.

Tonight we have reached the goal we have been striving to obtain these past two years and eight months! Tonight we graduate.

We are still full of memories of the past as we are of hopes for the future. Remember the first day we arrived at the Grace with mixed feelings--apprehension of the unknown and excitement of entering our chosen profession of nursing. Our parents also experienced the confusion of that first day. Remember the mother who accidentally opened the fire door in our residence.

All those memories of the first few months, having our first real patient, the sudden feeling of panic when attempting our first bed bath, taking hours to make our first bed and being called nurses when we would rather have been called visitors.

After six months of studying in our probie block, we received our caps. Those caps--one more step to receiving more responsibility and fulfilling our desire to be nurses. There was more responsibility in obtaining our caps than we had anticipated--the responsibility of keeping them perched on our heads at a dignified angle, soggy caps which fell into basins, bathtubs and what not.

We received our second year pins, we felt we had accomplished many nursing skills but many areas of training still awaited us.

In obstetrics the thrill was ours to be able to share with parents the joy of birth, the perfection of a new born infant. First day in the nursery found us all with very awkward hands--babies can be so slippery!

Our pediatric training at Children's Hospital was very enjoyable. How susceptible a child is to indifference, thoughtlessness and neglect, during illness especially vulnerable. Children to hold and cuddle, to clean dirty hands and wipe tears from streaked little faces. The tricycle drag races between tiny tots and student nurses were a major attraction.

Our psychiatric specialty took place in Selkirk Hospital for Mental Diseases. It was an entirely different phase of nursing. We realized the importance of mental health and feel better equipped to handle many situations which we will meet throughout our nursing careers. We had one problem at Selkirk--the residence appeared to be miles from any other building on the grounds, which meant bundling up countless times during the winter months to tackle all that fresh air!

We were introduced to the speed, accuracy and tension of the operating room. The operating room--holding one's stiff, useless, contaminated arm behind one's back during the length of a long operation can be agony to say the least.

Casualty found us learning to think quickly, although some of us became casualties along with our patients.

During these affiliations and specialties we received our black bands. We were now Senior students.

We are proud tonight as we emerge graduate nurses to meet life with all its challenges, but remember we have not accomplished the task alone, for many have given their time, support and ability so that tonight we might be successful. We owe them a debt of gratitude.



To Mrs. McNaught, our Educational Director, and our instructors who have spent long hours writing up lectures, giving us their time and knowledge that we might obtain the goal that was ours--Thank You!

We are grateful and thankful to our Doctors, Head Nurses and staff of our hospital for their kindness, guidance and patience, especially during times when perhaps as we learned, we hindered more than we helped.

To the undergraduates, our little sisters, we wish the best in the coming years. Your friendship, best wishes and understanding--especially during the R.N. examinations when seniors were very temperamental people to live with--was appreciated.

Now we come to our parents. We love you so much for your constant support and loving kindness. The care packages from home, the letters of encouragement (sometimes lectures), the needed financial assistance, the understanding when we were complaining, tired and unsociable, will never be forgotten. You have longed for this night just as we have, and the honor of our success is equally shared by you--Mom and Dad.

For months we have been counting the days to the completion of our training and yet we reach the occasion with rather mixed emotions in the realization we have come to the parting of the ways. We will always cherish memories of residence life--the water fights, pizza, pizza and more pizza and the constant reminder of curfew. I would like to thank the one person who listened to my problems, who put up with our messy room, that person being my roommate. Thank you, Marlene.

Tonight our joy is tinged with sadness, we are missing one classmate--Carol Storey--whose tragic death occurred on November 23, 1969. In her memory we would like to say these few words:

"Her smiling way and pleasant face  
Are a pleasure to recall.  
She had a kindly word for each  
And died beloved of all."

Thank you classmates for the honor of being Valedictorian.  
In closing, I would like to leave my class with these thoughts:

Always come to your patient garbed in the  
uniform of knowledge,  
wearing the cuffs of service,  
the collar of efficiency,  
crowned by the cap of charity,  
and bound by the black band of silence.  
Then will the unseen audience of your school,  
parents, friends and instructors silently applaud.  
When your patient by her look of appreciation and  
thanks pins on your breast the gold medal of approval,  
approval of your worthiness to practice your  
vocation in the service of God and mankind,  
then, and only then,  
can it be truly said of each and everyone of you,  
She has graduated, she is a nurse.

Anonymous

Elaine Hubic





The raid that never came off.



Excitement of the last day.



A rose from little Sis.



French toast for breakfast.



They say that at the Grace the food is mighty fine.



A job well done!





Only ten more minutes to go.



Is my cap on straight?



What's keeping them down there?



A few of those uniforms are a bit too short!



Next year, little sis.



Award winners!



Anderson - so, you want the weekend off, eh?



Backlund - Don't touch, sterile!



Berndt - Umm, love that castor oil!



Boake - At last, I've a sea for a.m. report.

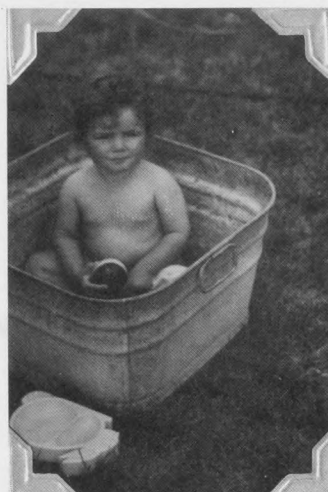


Braun - Oooh! Is that bedpan ever cold!



Buck - Sure fooled her... it really was 3H one!

## In the Beginning...



Brewer-Sitz baths are great for episiotomies!



Brooks - They say S.N.'s have a swinging time, but this is ridicul



C.DYCK - to aid venous return from varicose veins...



Bruce - Please, can I go for coffee, now?



Jessett - Mother's milk is best!



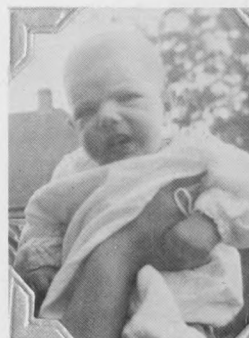
Ewert - couldn't we leave the enemas for the day staff



I. Dyck - and I thought there was just a BED shortage



D. Dyck - Hey, she sure is using big words for a little kid like me!



Burnett - No siree! She ain giving me no "mosquito bite





Hamm - Hey, Nurse...evenings again?



Harper - with THAT cap, she must be a university grad!



Hubic - Oh no! was he really supposed to be fasting!



Hutchinson - Help, I need a nurse, STAT!



Janzen - "Now, Group"...



Klassen - but...I always have to stay for lights!



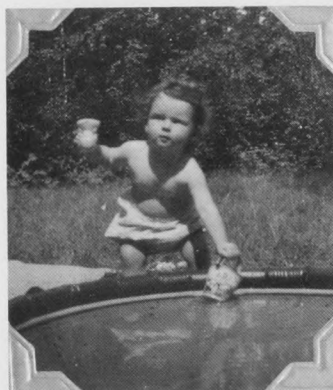
Larson - I just washed my hair with Cuprex shampoo, and can't do a thing with it!



Kuhl - My foley's leaking!



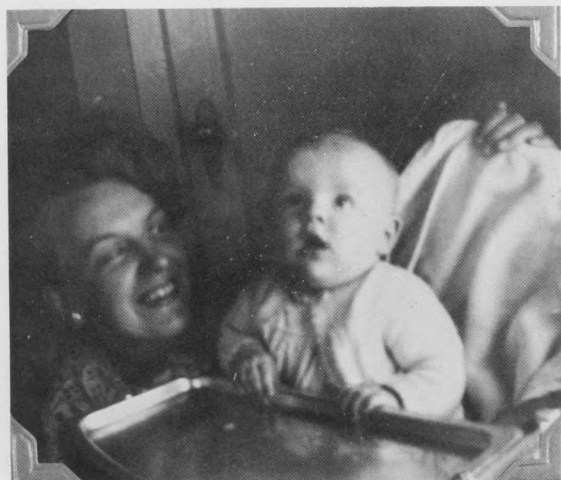
Neufeld - that wonderful "Welcome Tea"



Malyska - Well, she told me to get some FRESH ice water!



Hrynchuk - \$64 question...had your B.M. today?



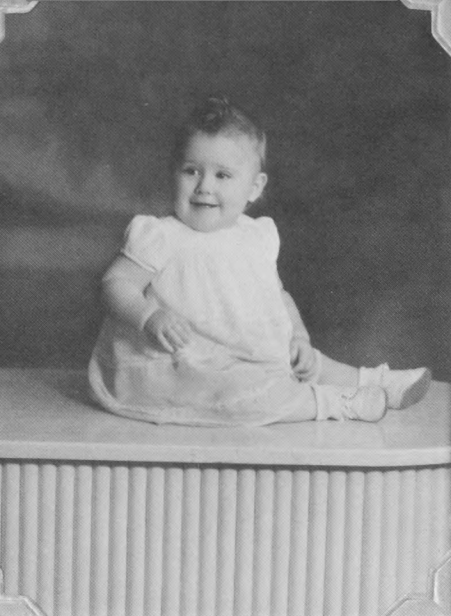
Lewthwaite - Mail in yet, Mrs. Burkett?



Lennerton - Me? Get Mono?



Friesen - and if You help me pass my R.N.'s, I'll never ask for anything again!



Mann - I don't know how this hospital ever ran without an auxiliary!



Penner - Oh my aching feet!



Peters - that must be the new psych wing...



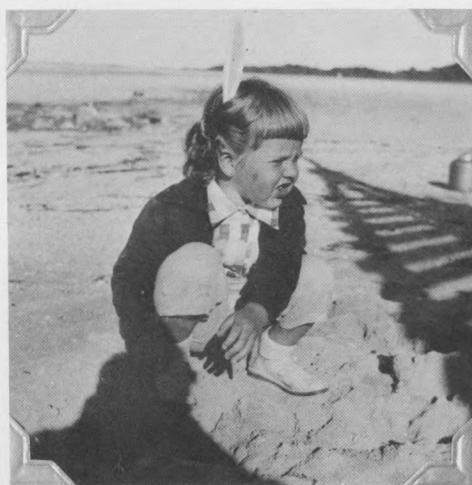
Unrau - Hi, lil' S.N, how'd ya like to scrub for a REAL doctor?



Kliever - Oh no! Did she say nights on 3 south again?



Olds - I'm sorry...next time it won't run dry!



Paulson - Push harder...What goes in must come out!



Martin - Wasn't me, Miss Wood, try her!



Scales - Miss Draffin says scrub every pore, so I am!



Olafson - you mean I'm FINALLY passed on bed baths?



Meadows - Oh boy! Time for my annual visit to Dr. McMillan!





Powell - Oh well, I can always be a Play Lady!



Riach - Ouch! Forgot that darn gatch handle again!



Robertson - These 24 hour urines are a bore!



Nikkel - Could you move the footboard down?



Meekison - "Reporting for duty, Mrs. Nairn!



Schweitz - my Scultetus is killing me!



Schmidt - I'm STILL waiting for the mini bus!



Vanhove - Whatcha mean, a LITTLE contaminated!



Skilliter - but...I only wanted my FEET in the basin!



Smith - "your uniform must touch the floor while kneeling..."



Watson - Deep breathe...like this!



Webb - bad case of Dermatitis Capita!

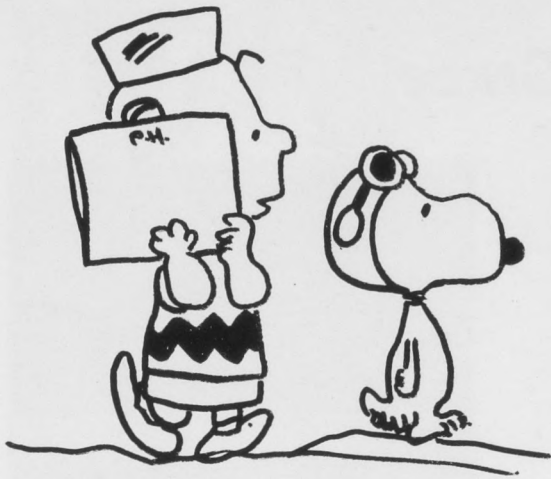
# Remember When:

Anderson - got caught scrubbing her armpits at Selkirk?  
 Backlund - WASN'T in the T.V. lounge writing letters?  
 Berndt - found a "prince" at Selkirk?  
 Braun - got enough mail to finally remember her combination?  
 Boake - kept locking herself out at C.H.?  
 Brewer - almost lost her red towel?  
 Brooks - watered 3North's plants with a urinal?  
 Bruce - arrived on wards one hour early?  
 Buck - received not one diamond - but 11?  
 Burnett - WASN'T threatening to close the kitchen?  
 D. Dyck - was attacked at Selkirk?  
 D. Dyck - did her impersonations of the "inmates" at that terrific party?  
 I. Dyck - her "secret" oozed out under her door?  
 Ewert - thought the stryker was "Euphoric"?  
 Friesen - the weekend of the "atropine eyes"?  
 Hamm - was our premature infant?  
 Harper - fell for the phony emesis?  
 Hrynychuk - thought the hopper was a "royal toilet"?  
 Hubic - received those lovely flowers - in a bedpan?  
 Hutchinson - flooded the halls of C.H.?  
 Janzen - Prudence, accepted a date with R.E.?  
 Jessett - WAS an "angel of mercy"?  
 Klassen - conspired with C.D. to abduct the drug addict?  
 Kliever - "Snookums" spent the night with Chuck? (alias the Prince of Wales)  
 Kuhl - her slipper "accidentally" broke the light fixture?  
 Larson - "Thophie the Moth" won her race wearing 20 tiny pigtails?  
 Lennerton - fell in love with a "Great Dane"?  
 Lewthwaite - the Bombers beat the Rough Riders?.... Yea Bombers!!!  
 Malyska - dropped the water flask during an operation?  
 Mann - stuck to the toilet seat?  
 Martin - posed in the bubble bath for G.R.?  
 Meadows - did the "leg show" for Dr. McQueen?... "Mumm - mie!"  
 Meekison - danced to the music of Snoopy Laing (ahem!) and the M.D.'s?  
 Neufeld - hit Few in the stomach with her shoe? (another accident?)  
 Nikkel - did those crazy 0600 jogs around the hospital?  
 Olafson - didn't make it to Selkirk?... "too much snow".  
 Olds - cooked lasagna for our class of '67?  
 Paulson - WASN'T late or sick?  
 Penner - wasn't in bed by 2100 hours?  
 Powell - didn't have those cute little "purpura"?  
 Peters - was declared a disaster area?  
 Riach - finally found the FECAL heartbeat?  
 Robertson - WASN'T in the library at C.H.?  
 Scales - charted FRIGID instead of RIGID?  
 Roy - used to be Clara Everett?  
 Schmidt - voice rose in song and diminished in screams?  
 Schweitz - a terrifying, ferocious, carnivorous Chihuahua chased her?  
 Smith - announced her real name is "Bee - ut - tee"?  
 Skilliter - WASN'T organizing pictures, fund-raising schemes etc.?  
 Unrau - was our number one hypochondriac?  
 Vanhove - took 3 squares of "chocolate" and received the "trots"?  
 Watson - was assaulted by a 10 lb. 3 oz. male?  
 Webb - WASN'T frustrated at Selkirk?



Happiness is...  
 Tea and Toast q.i.d.





Are you sure this is the career you want?



As I enter... ...as I leave.



## Remember When:

- bike committee got appointed?
- varicose veins WEREN'T a reality?
- we weighed 10 lbs. less?
- we had a class of '67?
- you answered the phone, and it was for YOU?
- the Born Losers won?
- the hairdryer exploded?
- the laundry room was closed on Sunday?
- standing when the faculty entered?
- during 1st yr. you had 2 weekends off in a row?
- before Metric, it was "weiner lengths"?
- "Number please, Girls"...
- the "Parrot Group" formed?
- Dr. Whightman walked so you could keep up with him?
- Dr. McMillan's "delightful" compulsory visits?
- the midnight Fuzz raid?
- Mrs. Nichols, our Honorary Class Member, left?
- R.N.'s were scheduled for August 1971?
- the threats and bomb scares at Selkirk?
- when we got Heartburn during Senior Classes - B.N. anyone??



# Our Daze of Grace

Remember when we entered Grace -  
With smiles plastered on our face,  
We brought our Moms, our joys, ambition,  
Hopes to uphold Grace's nursing tradition.

The first six months - classes and writing;  
And before each test, such nail-biting!  
The instructor would enter, the Class we would stand,  
We were prize pupils, never got outta hand.  
We wrote notes madly, missed writing nothing said,  
With all this great labor, by 4:00 we were dead!

We ate all three meals, but seemed to get thinner?  
Was it something to do with one, Mrs. Miller?!  
For coffee, the lady, a regular meanie,  
Would stand by the doughnuts and yell "Just one teanie!"

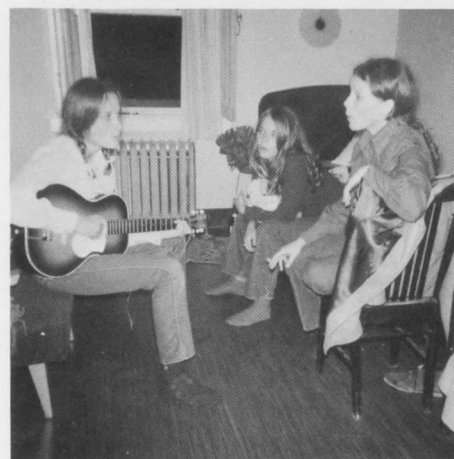
After Capping, the time seemed to speed,  
Learning knowledge, as "Nurses" we'd need.

The Case Room varies - can be busy or slow  
Depending on when the membranes do blow;  
We gather our fetoscope to listen to child,  
The mothers are tense, either hyper or mild,  
But, bet your boots, if the instrument's chilly  
Prepare yourself for a hasty delivery!

In the Nursery - Bless the loud shrieking babe,  
To whom you can't yell, "now you'd better behave!"  
So you pick it up, cuddle, and all the rest,  
Only to have it "void" on your chest!  
Making sure Baby's clean can be the great chore  
'Cause it usually "eliminates" whilst entering Mom's door,  
Then back you must venture, be as quick as your power  
To have the kid cleaned within the half - hour!

Ah, Bless Children's Hospital, affiliation there -  
The Res., with the males gave all a great scare.  
The work it was heavy, the kids were the greatest;  
"Misery" being dreaded C.H. it is! -  
The symptoms: nausea, vomiting, much diarrhea  
Only Kaopectate and Gravol will REALLY relieve ya!  
None of this apple juice to cure all your ills -  
At C.H. they give you appropriate pills!

Selkirk's really quite the place,  
You meet "those people" face to face.  
Remember that neat Mr. Martyniw,  
And all the symptoms you found in YOU!  
It brought out our "Ids" and that's no joke -  
Gosh! Almost everyone started to smoke!  
We had tennis, golf, movies, and even a chance  
To meet our "one and only" at a nurse - patient dance.  
Two September eves, when, for bed we were set  
These words came to ear, "There's been a bomb threat!"  
Our bodies did tremble, our minds a tizzy;  
Evacuation of patients sure kept us busy.  
After t'was over, we sat and projected,  
We slept two per room to feel well protected!



I'M going to be a R.N.!





By our Senior level classes, we all had changed much,  
Our papers and pens, well, they'd seldom be touched.  
We'd all sit and doodle, and watch ye olde clock;  
The fact that we passed tests was truly a shock!  
Remember our lectures, clinics... seminars?  
Did our "V.D. group" seem a trifle bizarre!  
Never did think P.O. size 49 -  
I suspect hanky-panky 'tween her and that "Twang".  
And, of course, our K.S. and her role "V.O.N."  
We learned nothing from it - But, Man! It was fun!

The farewell for Nichols and Fuchs - it was sad,  
We gave both of them special invites to Grad.

Now up on the wards we are greatly proficient  
Since our encounter with our very first patient -  
Our I. M. 's are "ouchless", our charting's amazing,  
Our bedbaths "just groovy" - no more just lazing!  
We've learned such techniques, a heck of a lot -  
What! Did you say you're STILL not checked off!!



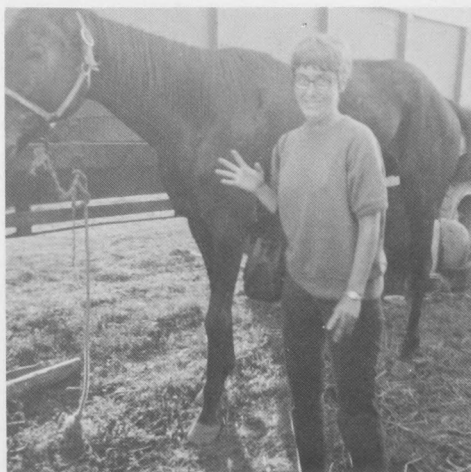
As for class parties, we did have our share  
At Shakey's, Town and Country, and one Thursday "there"  
I'm sure you'll remember - just thought I'd remind ya  
Of the one, after bowling, where we dined with lasagna.

I'm sure we've all made a good friend or two,  
To whom we can tell our joys and griefs too -  
To Vicki and "Sis" - I thank you a lot -  
Years from now you'll STILL be in thought.

To Mom and Dad, well, what can we say,  
Without your help, we'd not have made it today.  
We really appreciate what you've gone through,  
Sorry for the frustrations we took out on you.

Nothing right now to say or do,  
Just "Thanks, Mom and Dad. I love you."

And now Our Day has come and gone,  
Let's not forget the friends we've found.  
As we have passed, our light we have shone;  
May no one forget, CLASS '71.



*D. Haynchuk.*



Should I, or should I not... ask for prune juice?



Is Dr. Wilson ever groovy!



You mean, after all this, it's wrong?



...they sure didn't advertise this part in the handbook!



Where's her kleenex? ...Look closely!

## Candid of '71



Gee, sure wish I could have shoes like her!!



...just ignore her, and she'll go away.



...at least I know what I'll expire from!



...This'll teach you not to nominate me!!



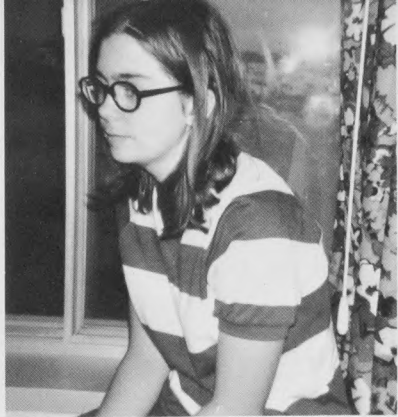
Hey! I'm missing a buttonhole!



...and it only took 2 yrs. to learn how!



Do you really presume that significant pressure is exerted?



...still 174 days to Grad..sigh!



Why doesn't he call before I've given up?



I've got a ride Home!



Tut, tut...such exhibitionism!



remember those "educational" field trips?



..."and she doesn't even wear clogs!"



At last...a green peg!



Stop looking at me like that, Joyce!



"I wonder what Hubert will think?"



"You're wanted on the house phone!"



I just LOVE my blues!



Hey, here comes that neat Dr. Russell!



10 of 40; or was that 40 of 80; or...





Just act nonchalant - they'll never recognise us!



Mary Poppins did it...so can I!



...of course, now that I'm a senior!



"Things" go better with Coke! (esp. yellow terry robes - ahem)



Sternocleidomastoid? of course, I know!!



I dreamt I saw Tom Jones!



...it covers my bald spot!



...isn't it great? I've found my double!



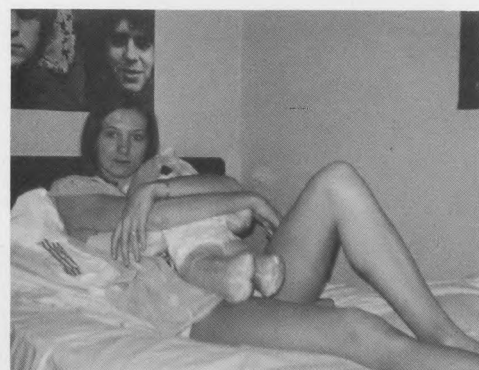
Hey! Who erased the numbers?



Our V.O.N...who else?



...and I gained it all the first year!



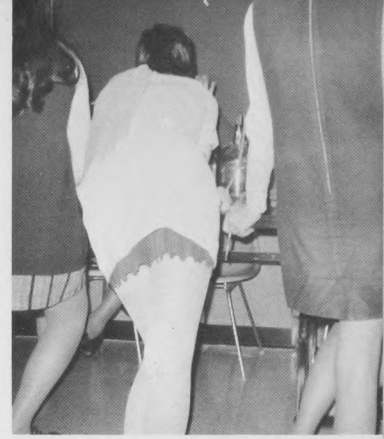
...how to get a husband!



Naw! I skipped a couple 100 pages!



Hi Luv...see ya in 5 min!



Mmm... "some" clinics looked interesting!



Happiness is...pepperoni & mushroom!



1, 2, 3, 4; 1, 2, 3, 4; 1, 2, .. "Help!"



I just tried the 7-day beauty plan!



No note? ...guess I'm not in trouble today!



Everyone knows you have to have lots of boiling water!



...that's not a smile...beans always do this!



Youse wanna argue the point, maybe?



"un - ree - all"



...then, he threw the hemostat...like this!



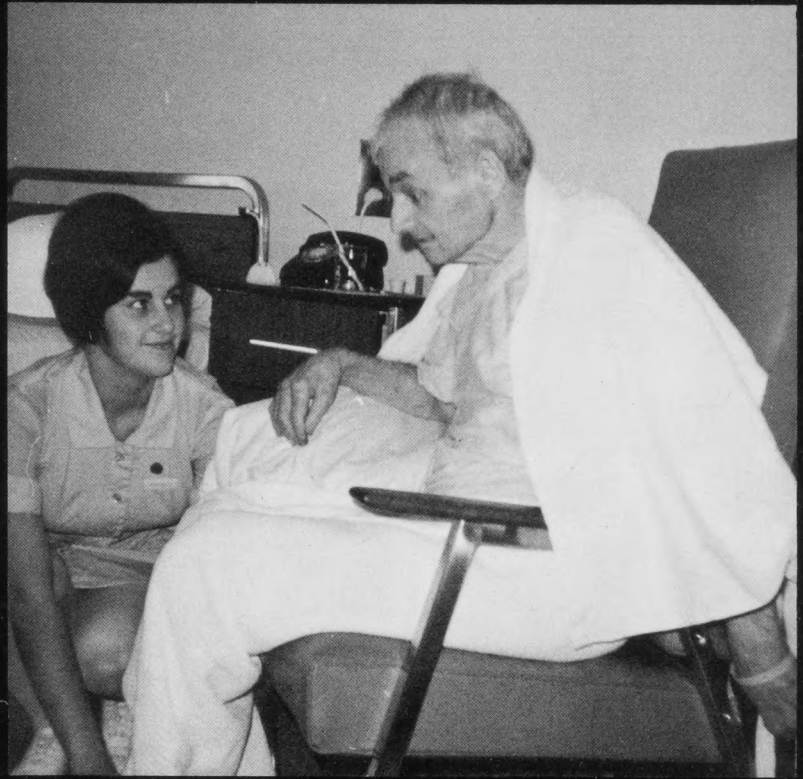
Pseudomonas must be very proud of herself...



***...As I Serve...***







In this fast-moving world of turmoil and tension,  
 With problems and troubles, too many to mention,  
 Our days are so crowded and our hours are so few,  
 There's so little Time and so much to do...  
 We are pressured and pushed, until we are "dizzy"  
 There's never a moment we're not "crazily busy",  
 And sometimes we wonder, as we rush thro' the day -  
 Does God really want us to hurry this way??



Mary  
Atkins



Sally  
Beenken

## Class of '72



Wendy  
Bell



Marlene  
Brock



A loving substitute for lonely weekends.



Maureen  
Brooks



Lorna  
Cambell



Janice  
Chetyrbok



Sandra  
Darling



"I get this shower first!"



Gayle  
Darroch



Marg  
Deacon



Mini, midi, or maxi? ?



"I wish - I wish - I wish I were a senior!"



"They're letting us out for the day!"



Norma  
Diehl



Diana  
Dixon



Linda  
Driedger



Marg  
Dyck



Maxine  
Edmondson



Lorna  
Evans



This is one way of preventing varicose veins!



"I can tell right now it will never fit!"



Trudy Krampetz



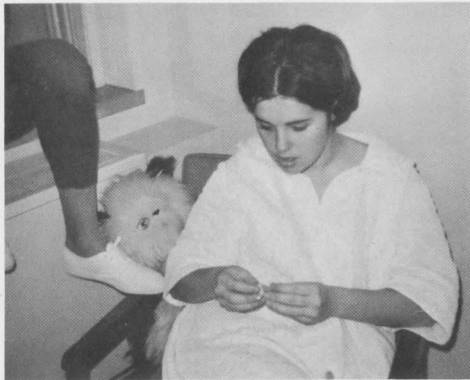
Audrey Loewen



Cheryl Klassen



Jill Knott



"You guys just wouldn't believe the day I've had!"



"I do not knit funny!"



Linda Kasdorf



Veryl Kenworthy



The morning after the night before.



Probie life, probie life...



Elaine Jury



Beth Karsgaard



Vicki Hodgson



Sandra Howie



Germaine Friesen



Irene Giesbrecht



Pat Giesbrecht



Kathy Gosnell



Judy Haddrell



Maxine Helgason





Barb  
Lowry



Judy  
Mathieson



Alarm? What alarm?



"It's your turn - I  
had the last puff."



Judy  
Marshall



Audrey  
Matthews



"Aw - c'mon!"



"This beats cafeteria  
food any day!"



Jean  
McLeod



Jan  
McNeill



Student nurses??



"You guys! You guys! I  
got a letter!"



Melanie  
McPhail



Maureen  
Morrice



Bev  
Morrison



Patricia  
Muir



Connie  
Oberton



Brenna  
Omand



Alta  
Pettis



Melora  
Plett



Glenice  
Poole



Helene  
Regehr



Cathie  
Rodgers



Janice  
Routley



In res; what else is there to love?



Security is - having an instructor as a constant companion???



Angels or what? (mostly.. what?)



Grace's bakery... what crumb do ya want?



Well, so much for this month's allowance!



Mmmm...and then he kissed me!!



Darlene Thiessen



Judy Sunaert



Kathy Toshack



Cheryl Stuart



Denise Vadeboncoeur



Irene Spencer



Joanne van Leeuwen



Penny Sharrock



Donna Zbeetnoff



Lois Webster



Allison Sexton



Pat Arthur



Shirley Bennett



Avril Bourquin



Irma Froese



Sandra Inman



Joan Sarrasin

MISSING: Mrs. L. Batschkewitz, Barb Forkheim, C. Macfarlane.

# Class of '73



Sandra  
Anderson



Roberta  
Casey (Mrs.)



Brenda  
Baker



Janice  
Colter



K.F. teacup reader...getting  
any messages, Myrna?



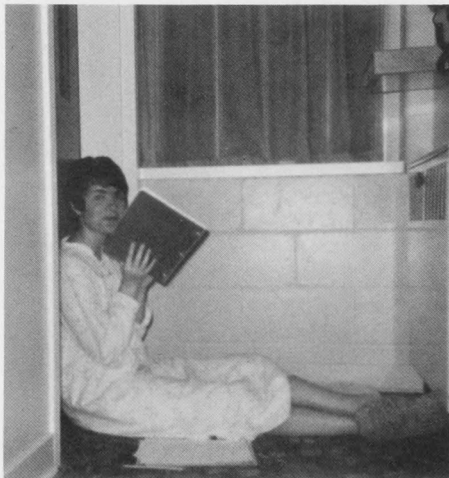
She has the freshest smile in  
res!



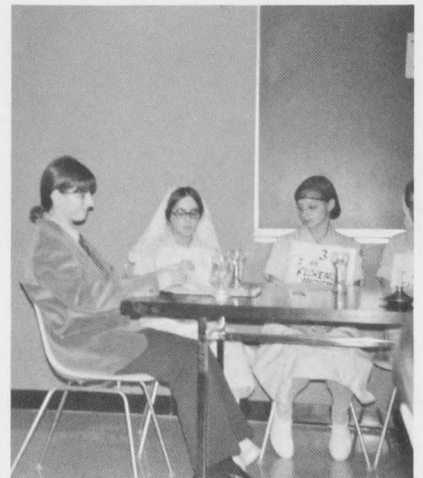
Myrna  
Baycroft



Marlene  
Cook



Late to bed, early to rise...  
to study!!!



Hmmm...those glasses sure  
look familiar!!



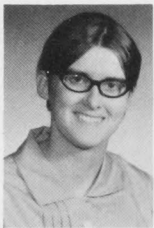
Linda  
Berry



Lerma  
Cruz



Judith  
Brown



Lynn  
Davies



Rosalie  
Dyck



Sharon  
Dyck



Kathy  
Edgar



Carolyn  
Enns



Susan  
Carnegie



Karen  
Degelman



Sally  
Dorval



Rosemarie  
Dueck



Valerie  
Dufresne

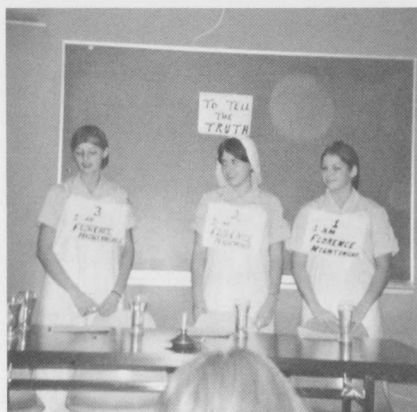


Helen  
Dyck





Take that mirror away!



Will the real Florence please sit down?



Norma Kroeker



Dorothy Inglis



Judith Keep



Valerie Hoskin



"Strange bed fellows"



Which way did he go?



Valerie Kachanoski



Wendy Hodgetts



Sandra Isaac



Barbara Harvey



Judith Gibb



Lynne Gilmour



Herta Gonske



Leslie Grant



Beverly Harrison



Vicky Harrowen



Shirley Fast



Linda Fleming



Miriam Fowke (Mrs.)



Elaine Friesen



Marilyn Friesen



Sharon Fyfe



Betty  
Livingston



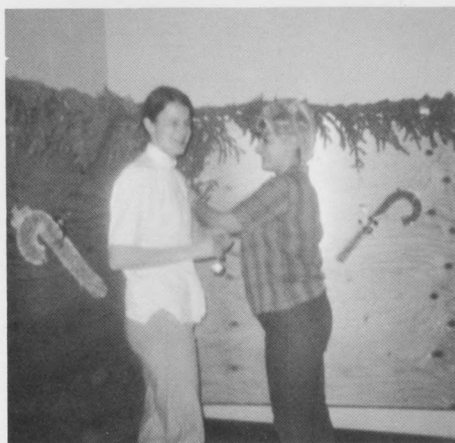
Wendy  
Malcolm



Faye  
Lodwick



Maureen  
McKay



Let's hang one on for Don!



The race is on!



Joanne  
Loewen



Joy  
McLaughlin



Judy  
Logan



Judy  
McLaughlin



Any joke sounds good in this place!



Linda a-go-go! or is it a-gone-gone!



Pat  
Lozanski



Lynda  
Michaluk



Mercedita  
Lumba



Iris  
Nykoliation



Diane  
Pearson



Catherine  
Pullaw



Jean  
Richards



Dona  
Ritchie (Capt.)



Hmm! Let's see - the sternocleidomastoid is what? ? ? !



There goes the diet again!



Linda Verhoef



Norma Lyle



Sandra Rhynard



Diane Dyrkacz



The only way to cool HER off!



So who needs to study all night? !



Linda Windsor



Janice Martin



Marilyn Neduzak



Maureen Pearce



"They say that at Grace Hospital. . "



Mavis McKenzie



Jill Duxbury



Kathy Litster



Glenda Routledge



Cheryl Saunders



Mary Thwaites



Lorraine Vooch



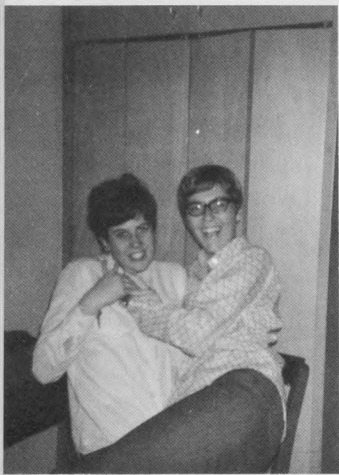
Eleanor Winters



Bonnie Zakaluk

MISSING: B. Kirton, K. Fraser, M. Fernquist.





### YOUR ROOMMATE

Who borrowed all your ready cash  
Whose talk is senseless bolderdash  
Who borrows all your buttons, caps,  
And plans to give them back -  
perhaps  
Who gets you in the darndest  
scraps...

Your ROOMMATE!

Who clutters up your bed with  
clothes  
Who never looks before she throws  
Who keeps you wide awake at night  
Who never sets the alarm clock right  
Who ought to go fly a kite, (some-  
times)

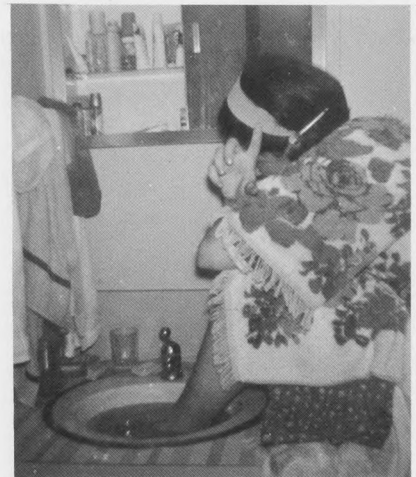
Your ROOMMATE!

Who giggles at you when you flunk  
Who always laughs when you are  
sunk  
Who always on your bedside camps  
Who breaks the furniture and the  
lamps  
Who borrows all your postage  
stamps...

Your ROOMMATE!

But, who's a constant pal to you  
Who overlooks the bad you do  
Who knows and loves you, thru and  
thru...

Your MOTHER!



Misery is... the  
roommate that  
monopolizes the  
sink!



### THE BEDPAN!

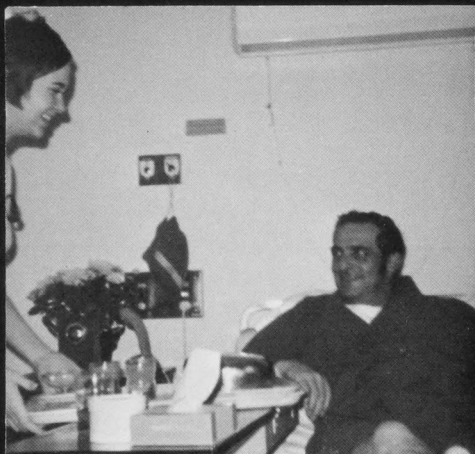
I think that I shall never scan  
A poem as lovely as a pan;  
When brought to me with urgent speed  
To satisfy the pressing need.

A pan that does in the chill of autumn  
Feel nice and warm against my bottom;  
Mayhap, it could in winter wear  
A fur-trimmed edge, but I don't care.

For on its contour I have lain  
To quell that suprapubic pain -  
Poems are made by foolish man  
But - Only a NURSE can bring a pan!!



## *As I Learn...*







You can always tell a graduate,  
By the white in which she's dressed  
You can always tell a Junior  
By the way she swells her chest;  
You can always tell a probie  
By her timid ways and such;  
You can always tell a senior  
But you sure can't tell her much!



## ***“Count Your Blessings...”***

It is always a most interesting experience to me, to watch the remarkable progress of our Student Nurses - from the day they enter the school until the day they leave us.

From the first, some of them seem to be born to be real nurses, while others appear to be a little doubtful as to why they choose the profession. In between these two groups are a variety of students who seem to develop unexpected capabilities and make excellent progress. But many of those doubtful ones - seem to catch a real glimpse of the potentials of nursing as a profession, and make fine progress too. There are the few, of course, who become discouraged with the studies and the routine of duty, and drop out.

For the Hospital Chaplain, he finds much interest and inspiration in watching so many of the students develop a real concern for people - spiritually, as well as physically and mentally. He is well aware that it is essential to get all the book knowledge and practical training - the mechanics of the work. But it is most important that the patients when they are very ill, and during the days of recovery, feel the warmth and human interest that so many of the students display. Every day patients tell me about this quality of the nursing and the feeling of being cared for.

And so, in whatever field of nursing our new graduates go, my great prayer is that the love of God shall so fill their hearts that when the extra effort is needed, the love and concern they have for the patients shall bring forth new glories to the field of nursing and a hymn of praise to God.

Gerald Wagner, Brigadier Chaplain.



"...a variety of students who seem to develop unexpected..."



Major and Mrs. H.P. Thornhill

## Administration

The student nurse brings to the hospital the irresistible enthusiasm and vigor of youth; but youth soon gives way to maturity.

We hope that the radiant energy displayed during your days at Grace will not be allowed to dissipate; but will be channeled into avenues of useful service; that your knowledge will be used with wisdom; your skills sharpened by practice, enhanced by the spirit of kindness, and applied in love.

We wish you every success and happiness.

May God be with you always.

Major and Mrs. H.P. Thornhill



Major D. Davis  
Associate Administrator

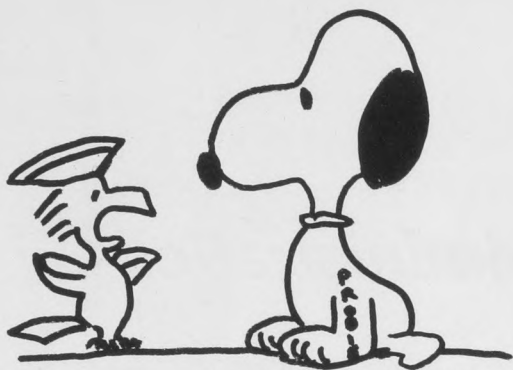


Miss L. Wiebe  
Director of Nursing



Dr. N.D. McCreath  
Medical Director





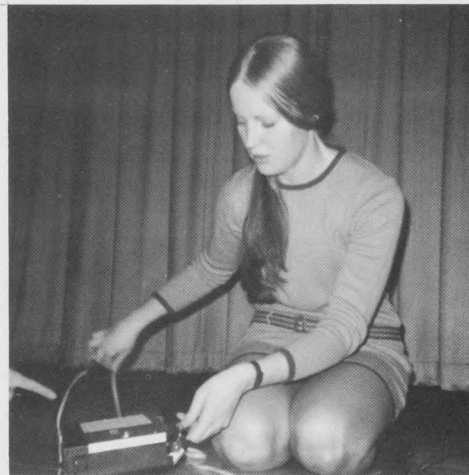
What!!! You DIDN'T soak his feet!!!



The greatest gift Santa ever left!!



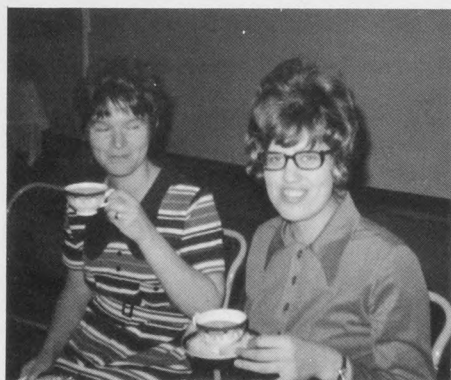
No, Miss Nikkel, breastfeeding will not decrease your bust-line!



Hey! It worked when I tried it at home!



But... I can't understand why you don't want to prepare more clinics...



Boy... Next time you go to Amsterdam... I'm coming with you!!



I wish to make this all very clear... black and white only... not shades of grey!



She disimpacted her WHAT!!



I wonder who can babysit for me this week?



## ***Our Faculty***



Life is an experience! Your days at Grace will influence the rest of your life. As a student nurse you have influenced many lives around you.

Your parents, family and friends look at you with pride. Teachers see you as the result of many hours of challenging work and find satisfaction in your professional growth. Junior students look at you with envy and longing. Co-workers may see you as a threat with your new ideas and enthusiasm of entering your chosen area of work. The youth of society look at you critically for an example to follow--as such you are expected to provide role models and this is demanding on the individual concerned. Patients and other members of the community expect you to be a source of comfort and knowledge. To your classmates, you are the support, companionship, and competition so badly needed during this educational program. To yourself, you are a sense of accomplishment and achievement. Hopefully, you will have the courage and conviction to maintain what is right and a loyalty to your Alma Mater.

Your student days at Grace are over but your learning days have just begun. May you find joy in achieving, happiness in service and success in your chosen profession. May you be protected and guided by an unseen hand to your destiny.

Congratulations to each one of you.

Mrs. F. McNaught  
Director, Nursing Education.



Dr. Waugh..wild clothes; groovy side-burns!



Dr. Young..our favorite kook; needing a babysitter!

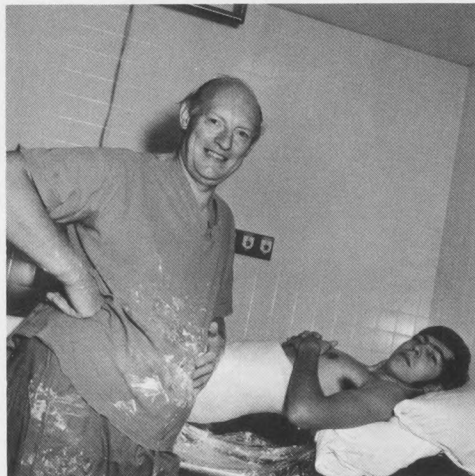


Dr. Chambers..being a bachelor; our answer to Paul Newman!

## Our Doctors ... are FAMOUS for ...



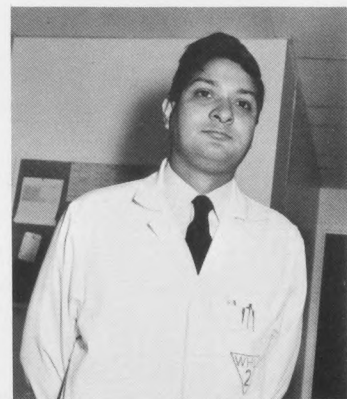
Dr. Jolly..living up to his name!



Dr. Mills..having young, goodlooking, male patients!



Dr. Laing.. sarcasm; puns; giving praise when due!



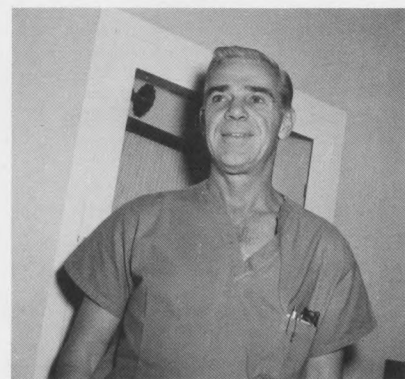
Dr. Bannerjee.. "disorgan-izing"



Dr. Garwood..long, flowing, golden locks; our Viking!



Dr. Arnot..broken bones; bulging biceps!



Dr. Friehagen..our answer to Steve McQueen!

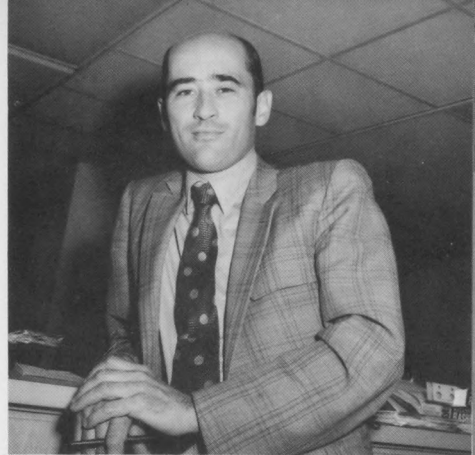




Dr. Guest...being half of a really sweet, helpful couple!



Dr. O'Toole...having much patience with very slow S.N.S.!



Dr. Wightman...l-o-n-g strides; sophisticated charm; "eyes"; proficiency +++.



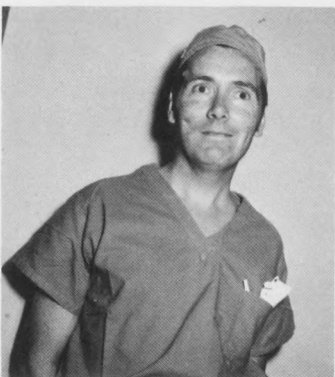
Dr. Goldstein...our answer to Danny Thomas!



Dr. Taylor... "walking" his patients.



Dr. McKinna, keeping "tabs" on R.N.'s.



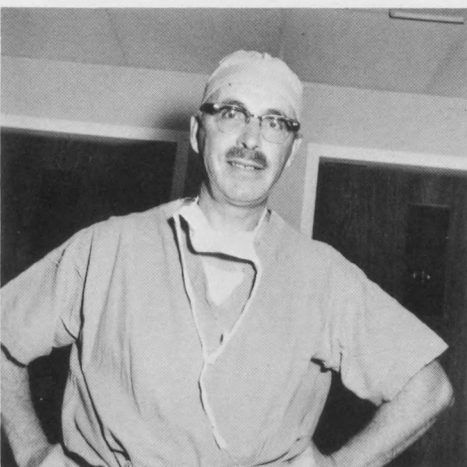
Dr. Griggs...freckles; holding retractors!



Dr. Lambertson...keeping us out of debt.



Dr. Delios...every-one's friend!



Dr. Hastings...saving S.N.'s the "bother" of heparin drips.



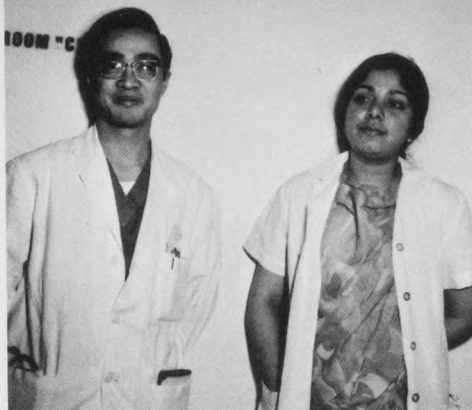
Dr. Derbach...smooth talking "O - kaay".



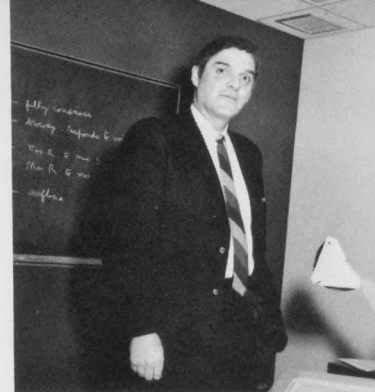
Dr. Edward...hypnotic powers; wish he were "30" years younger!  
Dr. Corner...dry sense of humor.



Dr. Wightman..playing "The 3 Little Pigs".



Dr. Lui..being under "fire". (nursery)  
Dr. Khanuja..brunching with SNS-yea!!



Dr. Diehl..terrific bedside manner; our answer to Cary Grant.



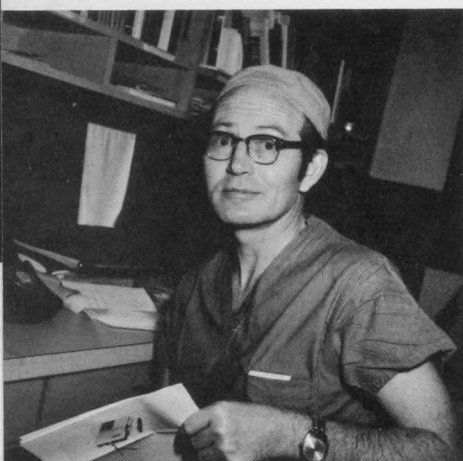
Dr. Lall..WRESTLING!!!



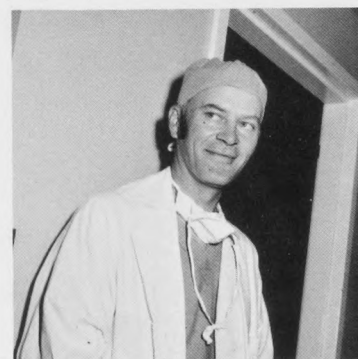
Dr. Connelly..pt; fbs; esr;  
cbc; hct..bm.



Dr. McQueen..being a "leg" man.



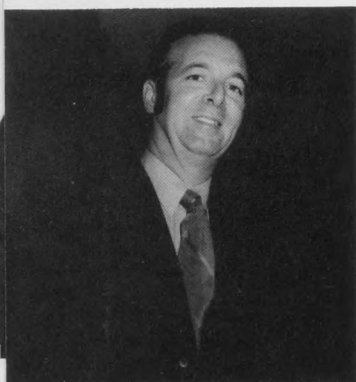
Dr. McGarry..fastest endo-  
trach in the west!!



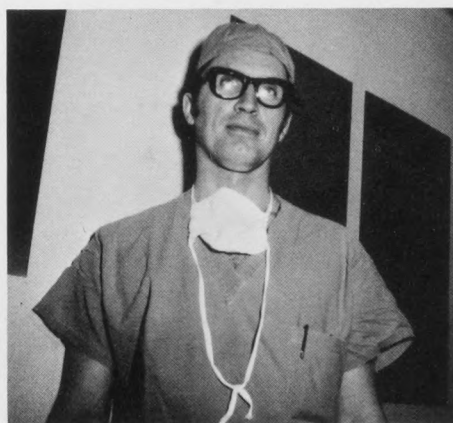
Dr. Binns..helping SNS  
bungle even a D.&C.



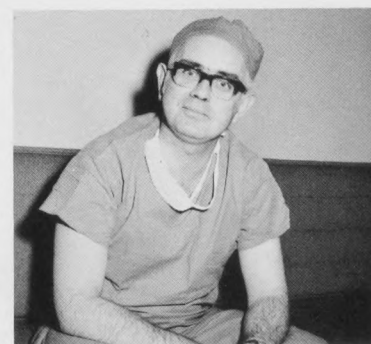
Dr. Sirkis..screaming at I.V. in  
the O.R.; cigars.



Dr. McDowell..keep-  
ing the "House" in order.

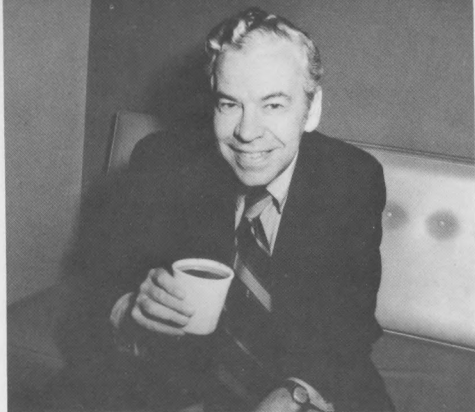


Dr. C.E. Abbott..galoshes; mak-  
ing BIG puddles!

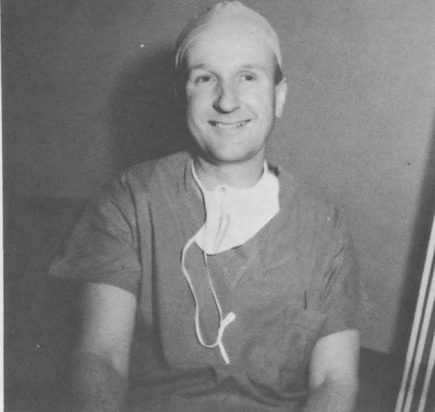


Dr. Morris.. "disliking" the  
case room.





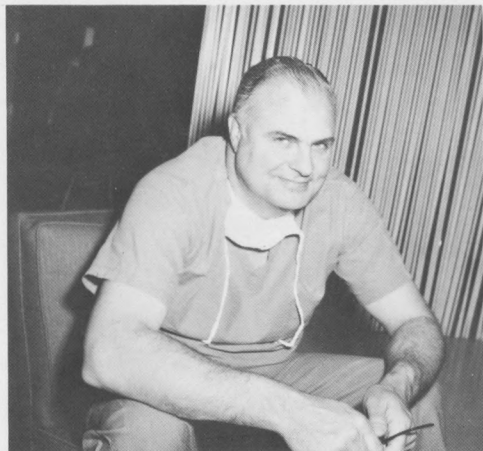
Dr. Bowles..quick trips to Tijuana!



Dr. Porritt..pinning and patching people's pulverized pelvis!



Dr. W.E. Abbott.."showing" us where babies come from!



Dr. Neal..terrifying probies with those fascinating orbs!



Dr. Wilson..being shy; and married..missed again!



Dr. Tennant..flapping in the breeze (lab coat, that is.)



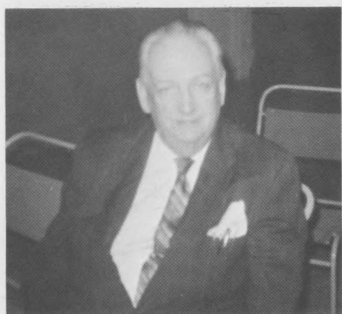
Dr. Shetty..smuggling SNs into internes' res..to take pics!



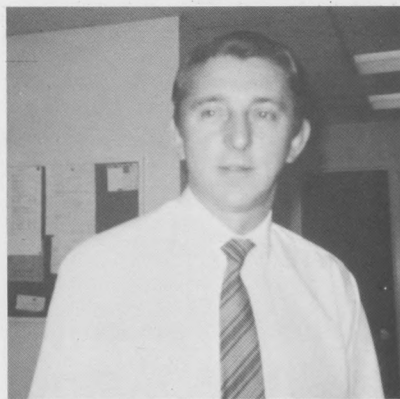
Dr. McCord..making "birthquakes".



Dr. Hutchinson..screaming orders - then apologizing.



Dr. Wengel..heated arguments with his wife.



Dr. Evans..being our "Sweetie"



Dr. Booth..our Poppa of the year!!





Dr. McMillan..corn  
syrup and COLD hands!



Dr. MacDougall..for messing up  
an S.N.'s first attempt at gloving!



Dr. Boyd..being T-A-LL; groovy  
shirts!



Dr. Galbraith..for cramming a  
lot of "bloody work" into a  
1/2 hour class!



Dr. Gellman..knowing how to  
cure "heart breaks"!



Dr. Greer..known for his unique  
technique!



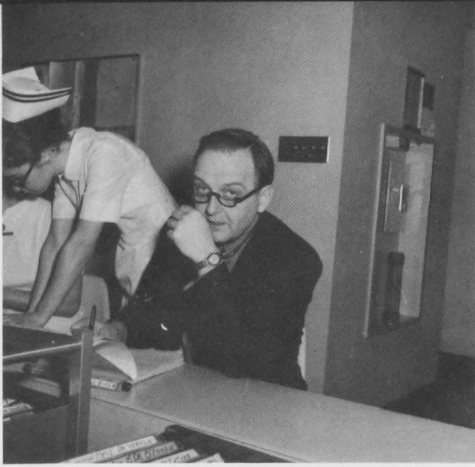
Dr. Kratochvil..the "other"  
Saskatchewan plate!



Dr. Fainman..adding a little  
"spice" to O.B. classes!



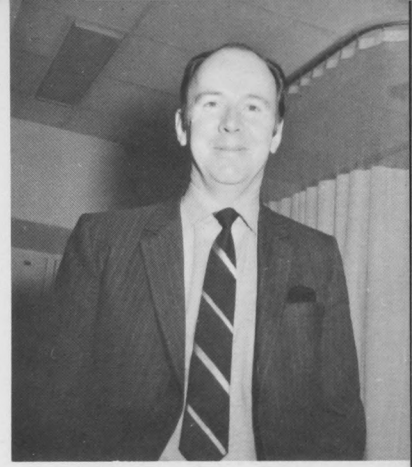
Dr. Hutchison..dropping  
"G-strings"!



Dr. Burgess.. "granny glasses".



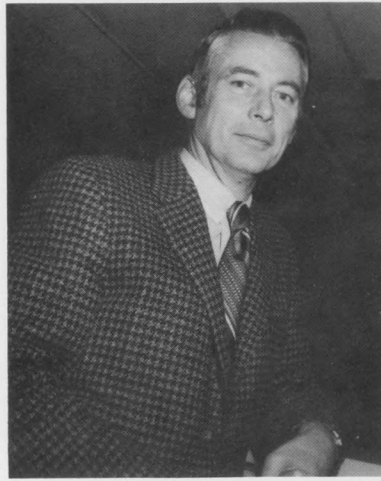
Dr. McCreath.. walking home!!



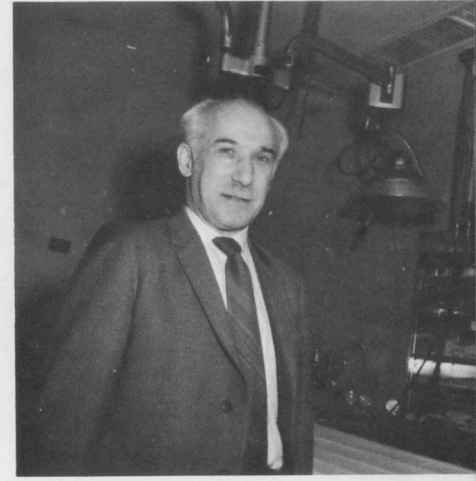
Dr. Goodhand.. sense of humor; "Teddy Bear".



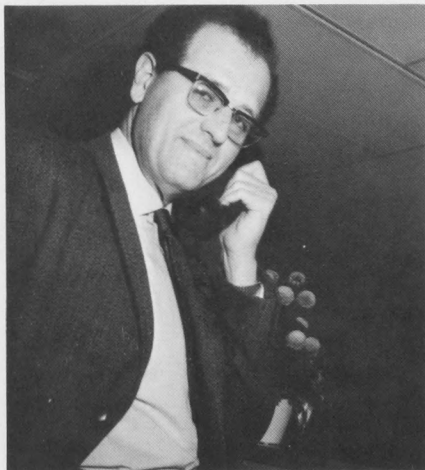
Dr. Vanhorne.. Mr. Universe - elected by the Sturgeon Creek Society for the prevention of Bachelorhood (us!)



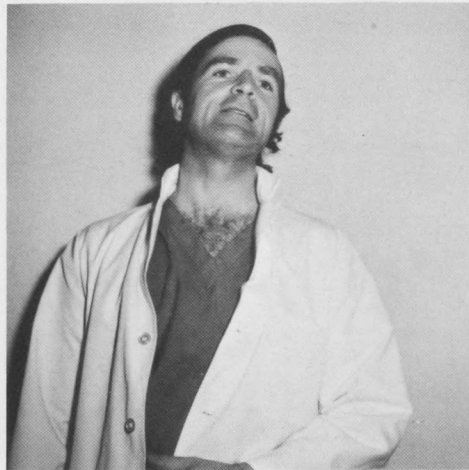
Dr. Graham.. being suave and sophisticated!



Dr. Malkin.. swinging moustache!



Dr. Habib.. his satchel!



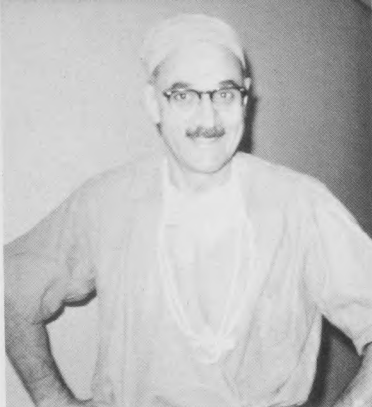
Dr. Costello.. "did you have a good trip?... see you next fall!"



Dr. Greenberg.. sharp plaid suit!



Dr. Russell...all male; good-looking; married...darn!



Dr. Bartlett...exercises; double masks; keeping money in his sox!



Dr. Provis...unethical terms (cluster of grapes); precariously perched glasses.



Dr. Chochinov...leaving Long pages of orders, being a perfectionist.



Dr. Mosher...C.L.'s heartthrob!!



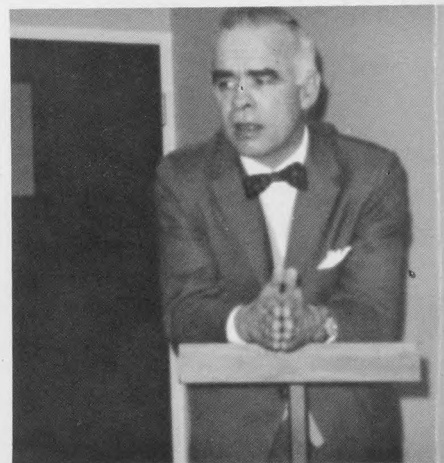
Dr. Kucparic...spreading "Mono" on New Years!!



Dr. Tisdale... "interesting" consults... "I AM CONFUSED"!



Dr. Lagosky...charting "A healthy looking female neonate ... on a male's chart!!



Dr. Bowman...bow ties and erythroblastosis fetalis!



## **Our Doctors...** are FAMOUS for... giving ADVICE...

### TO A PATIENT:

You have two chances -  
One of getting the germ  
And one of not.  
And if you get the germ  
You have two chances -  
One of getting the disease  
And one of not.  
And if you get the disease  
You have two chances -  
One of dying  
And one of not  
And if you die -  
Well, you still have two chances!!

- unknown -

### WHAT IS AN INTERNE?

Between the sheltered, timid med-student and the commanding importance of an M.D., F.R.C.P. etc. we find a very tired looking, but willing creature called an Interne.

They come in all sizes, shapes, weights, and races and are all classified as humans. They are found everywhere; in elevators, in monkey suits, behind stethoscopes, holding hemostats, in the kitchen, watching T.V., and no where when you need them.

They like some nurses, good food, being "off call", no emergencies, a whole night's sleep, assistance, smoking and a silent phone. They hate physicals, starting I.V.'s, being mistaken for an orderly, lukewarm dinners, and being called in a moment's notice.

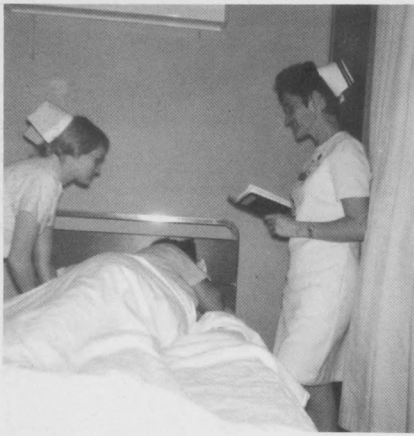
An interne has a technical name for the commonest thing, the fanciest drug for the simplest headache "Acetylsalicyclic acid, gr. x p.r.n. for Cranial Distress"!

No one can cram into one pocket: a stethoscope, three tongue depressors, the trusty black book, a package of cigarettes, a percussion hammer, a pen, a folder of matches, a comb, a dime, a "292", and a rubber tourniquet.

They are magical creatures. No one can stay awake or alive with less sleep; or be wanted in so many places at one time; or sleep so soundly to the ring of a phone. To the nurses they are, in some cases, husbands; a lifesaver; sometimes annoying; but usually a friend. Some have the hand of a surgeon; others the patience of a pediatrician; but all have the knowledge upon which man depends.

As a friend no one can be more reassuring when the ambulance wails; or fail to smile when spoken to; or answer more readily to that magical phrase, "Calling Dr....."

- anonymous -



"Hate to have to ask you this..."



What a life! Oh to be a grad!

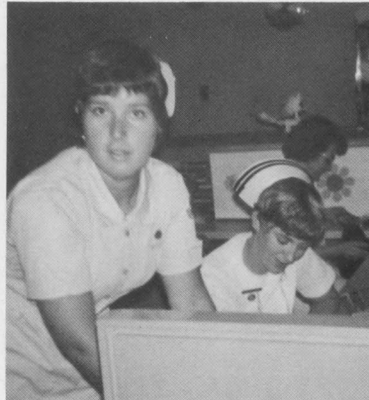


Students are a riot! Guess what she did next!

## Medicine



"Washy, washy, washy with the blue Cheer!"



"I am NOT stealing a pen!"



Anyone got a spatula?



"Don't look now, but..." (sniff, sniff).



I'm sorry, Doctor, but the cigar must go!



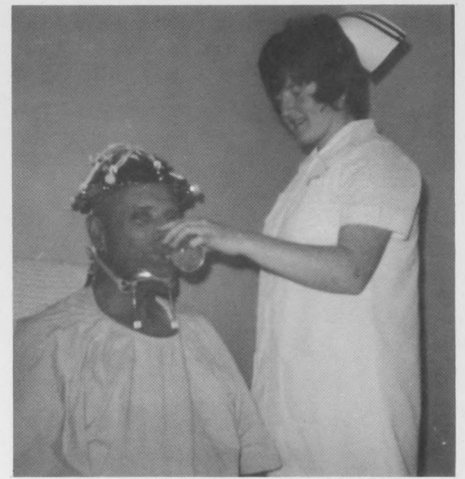
You think the coffee's bad, you should taste the food!



Ding, ding, ding, Trays, Girls!"

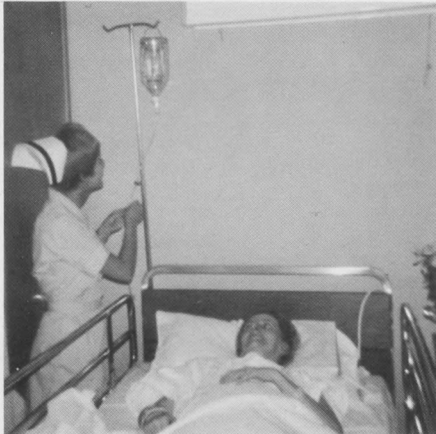


Did you know that Dr..."



"This will make your hair grow!"

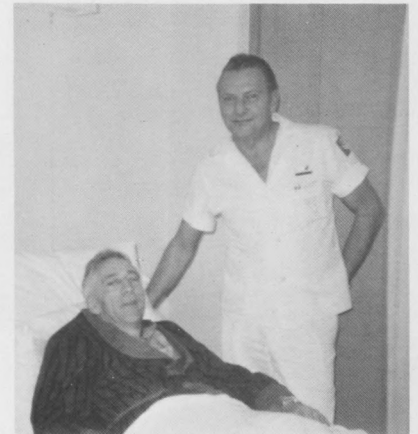
## Surgery



If you drink more, this can come out tomorrow.



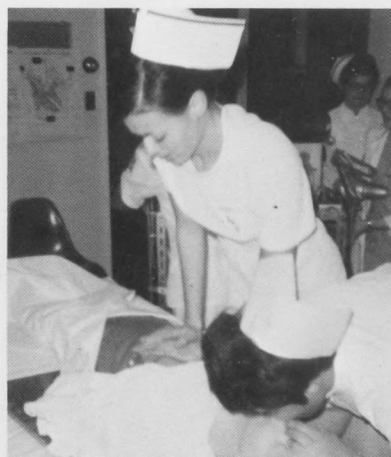
Here's to my next day's off!



He just got one of the "best ones".



You did DB&C him, didn't you!



Well, I had to learn on something!



Mr. -, Mrs. -, Miss - etc. needs a laxative tonight!

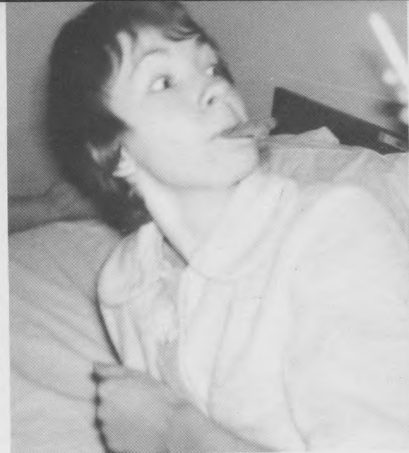




We just had our 1st entire night's sleep!!



Oooh! Am I ever sore!

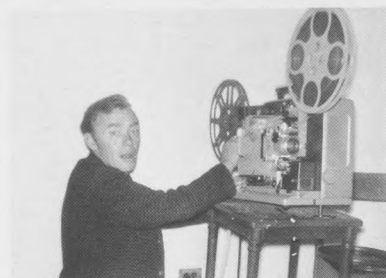


"Gotta dog?"



"In - caw - rint - ley"

## Selkirk Hospital for Mental Diseases



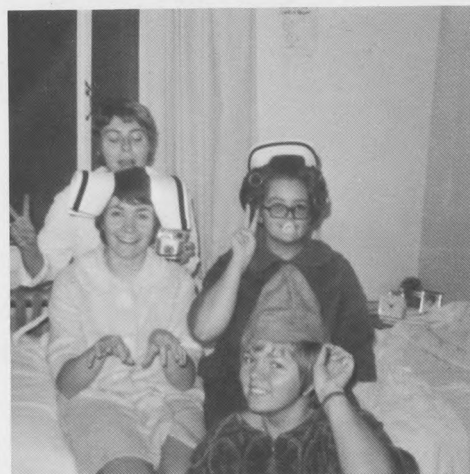
Blimey, another mental mech?



Delusions of Grandeur??



"Gimme a smoke!"



Post Pernation...hmmm!



I just wanta LEAVE here!



The "Affiliates"...(sneer)



"Yeth, Thir, That's my baby!"



As soon as the "nuss" leaves,  
I'm going to unravel this.



Instructors? Man, did they  
swing!!



"Now I lay me down to  
sleep..."

## Childrens' Hospital



You can go pottie after this picture  
is taken!!



"Now look you guys, it's my  
turn c̄ the chair!



Hymovich! You turn me off!!



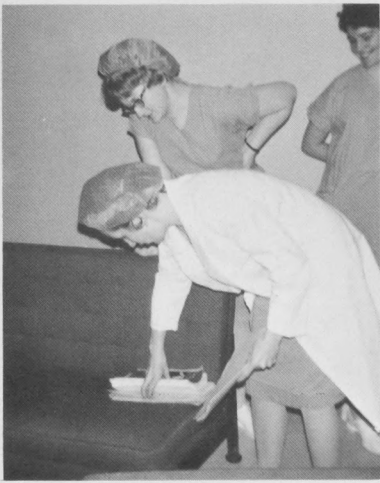
"It 'th Thstuk!"



"Oh! He's asked me to  
marry him!



Whew! Guess we have to  
sleep nude again tonight!



## ***The O.R. Means...***

- ...getting up at 0600!
- ...having fresh toast and a Soft boiled egg!
- ...being SCARED!!
- ...being able to hide behind a mask!
- ...wearing those gorgeous green boots!
- ... "Peter! GEORGE! Law - RENCE!"
- ...having ruby red arms!
- ...swollen feet and throbbing legs!
- ...CONTAMINATION!!
- ...being a "special ass-istant" in N.F.A.!
- ...having the monopoly on D. &Cs!
- ...having Delios's Drawing on anatomy!
- ...learning about the OTHER Dr. Wightman!
- ...running for the EPINEPHINE (lead apron)
- V.O. Dr. Yong!
- ...Mamma mia - dis Vince; he ees something else!







To ensure adequate "latching on",  
mother must be supine...



What a life! If only I  
could wear long pants!



Of course, we believe in  
rooming-in!



Koochie, koochie, koo...  
Snookums!



If she doesn't take me home,  
I'll be there soon, Mummie!

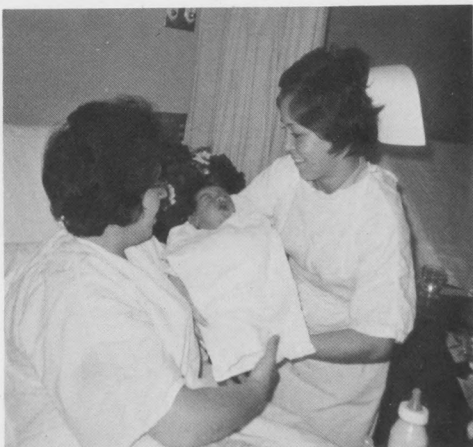
## Obstetrics



No thanks, Miss P., I can  
handle him, myself!



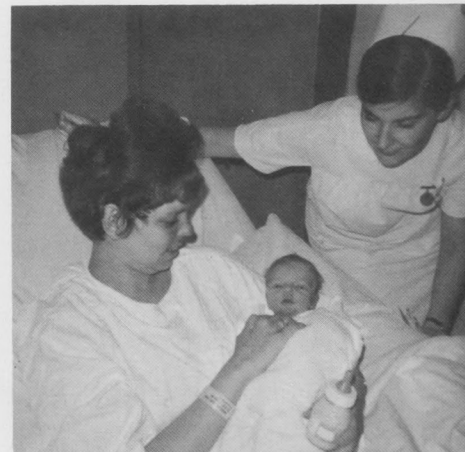
How come I always get the wet one?



That's not gas...he's calling "Da Da!"



Face it, Kid...I'm  
the boss here!



Look...he's got my nose!

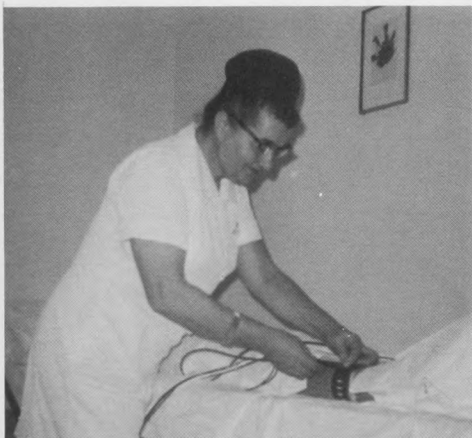
# Where I Learn...



Team Leading? Heck no! This is just the request book!



Aw! It's only the first warning. Guess I can leave these.



Just a little dab'll do ya!



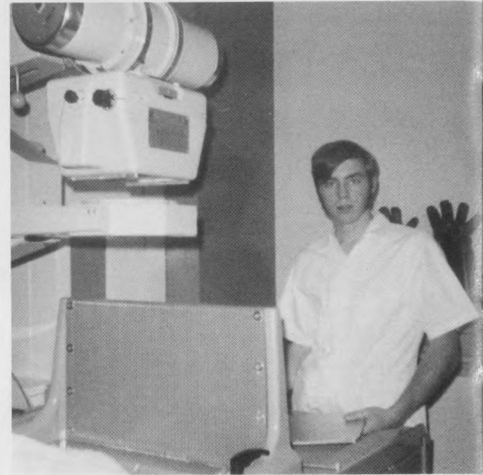
Cushing's Syndrome with long hair!



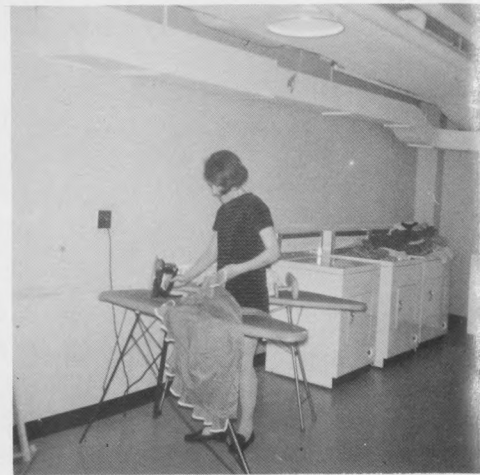
The NEW trend in housemothers!



We're pals - I put her feet in the basin and she's got B.R.P.



Let's see... 2 more hips and 3 more chests!!



Another fascinating item learnt this week!

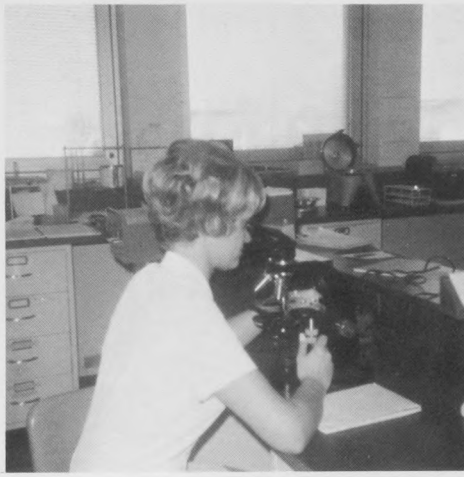


"There's no secrets in this family"...

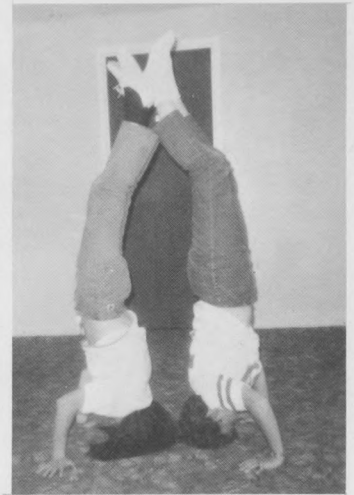
Why drink so much? So the "B.N." will be happy!



Class of '71s Honorary Member...  
- owns stock in Calamine Lotion!



Gee, this would make a good  
Vincent Price movie!



Pre-R.N.'s stimulating  
vital centres!



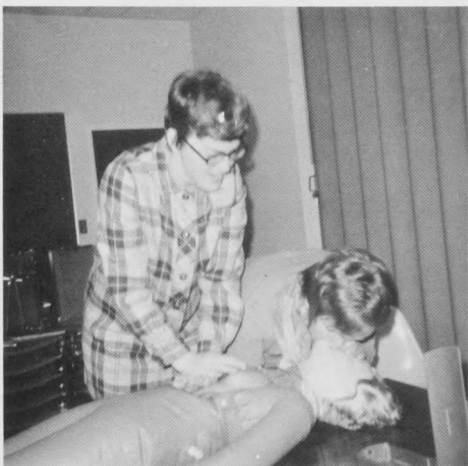
...my roommate's half - the day  
after room check!



4 north...DB&C and a very  
"special" brand of T.L.C.!



Still smiling? (must be  
just beginning)



Maybe next year we'll get lucky and  
come up with: ResusciANDY!



If the instructors can, so can  
we!



It's a bedpan for pointed  
posteriors!





Egads!! That enema  
sure was effectual!!



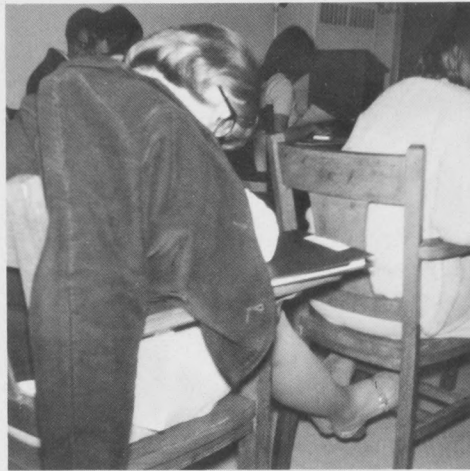
You want two glasses of  
juice!!



Slight touch of hyperopia?



A new fragrance for the third floor!



The only way to enjoy Psych.  
lectures!



Ecch! Proctering for  
a week again!!



Our Pres. - the Joe girl! "Hey -  
isn't this carrying 'thtuff' too far??



"Probies - walk!!"



I wonder what Mrs.  
McNaught will think when  
she REALLY  
gets to know us!

"99" Did you say??



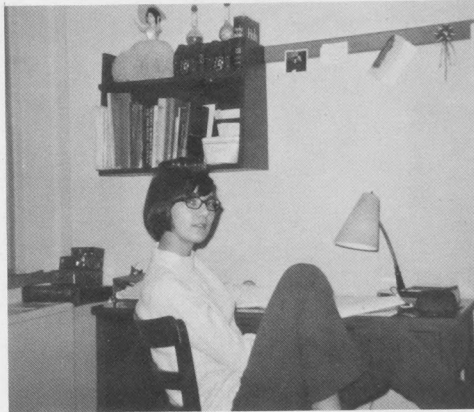
Bundling!



Beating!



Weighing!



Studying!



Discussing!



Eating!



Fraternizing!

# In Residence...



Mrs. Brig. Wagner

Our Residence Director  
(F.E.W.)



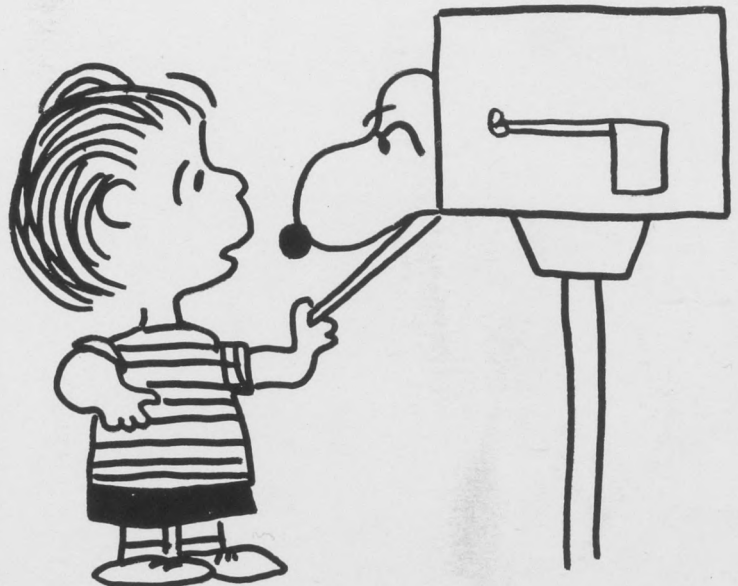
Only partial?? but...I had a "slight accident"!



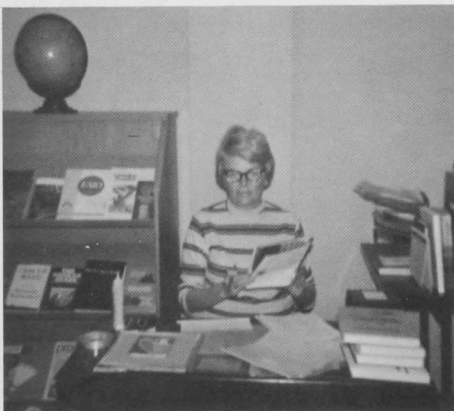
Ring..ing..ing..ing..ing..ing..  
ing..ing..ing...



A-ha!! so, it's Mrs. Burkett that's been messing our kitchen!



Boy, when the housemother said I had mail, she wasn't kidding!!



Which one of the 500 books are you Finally returning!?





Boy, talk about far out excuses!



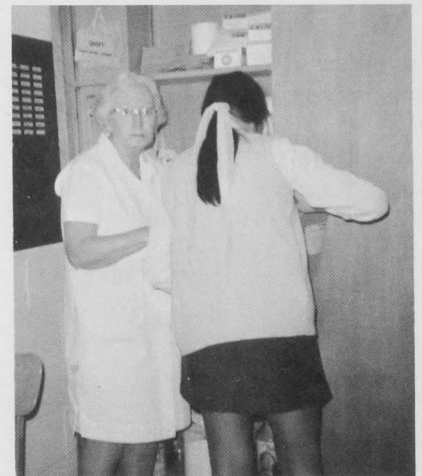
Imagine! '71 had over 40 sick days in the month of February!!



"Now...where would I find that?"



"Garden of Eden - Eve speaking."



Mouse mattresses - only 25¢??

## *As I Participate...*





Whatever your cherished ambition  
Begin now to make it come true.  
Through efforts repeated, untiring,  
Put faith in the things that you do.





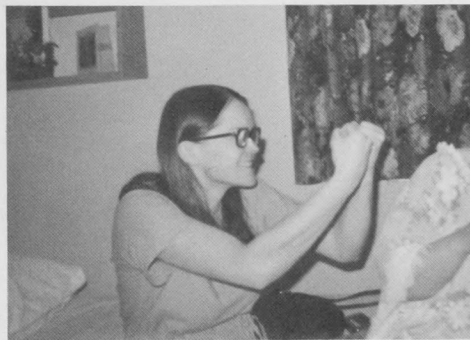
Ah...such dedication...



"I'll think of some way to  
get it past the censors!"



...such concentration...



"Beauschickimo! we need PATRONS!!"



I'll do anything to sell a yearbook!

### THIS YEARBOOK

What covers all our brows in sweat,  
To try and get those deadlines met  
What causes us to fume and fret  
And almost got us into debt,  
What made us wish we'd never met -

THIS YEARBOOK!!

What causes us to groan and gripe,  
And gave us many tears to wipe  
What made us learn to finger-type -

THIS YEARBOOK!!

What will you look at through the years,  
Remembering the joys, the fears,  
The fun of training, and the tears:  
To help you keep these memories clear,  
We give a gift we hope is dear -

THIS YEARBOOK!!



...to ensure fluid replacement and  
cerebral stimulation!!



...such environment...



...such precision...

#### YEARBOOK COMMITTEE:

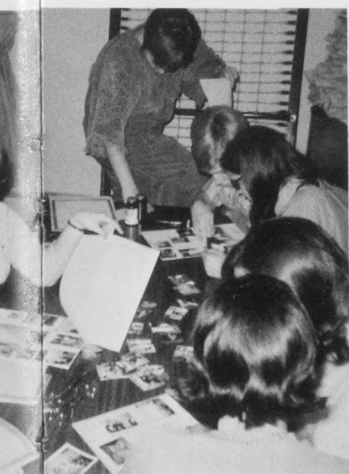
- Jan Meadows - editor
- Barb Lowry - asst. editor
- P. Olds
- B. Friesen
- B. Harper
- L. Skilliter
- T. Hamm
- I. Vanhove
- J. Backlund
- C. Rodgers
- M. McKay
- S. Rhynard
- M. McKenzie
- I. Nykolation



...such encouragement...



...such manual skill...



Our inspiration came from many varied sources...



...such obvious intelligence!!



Deanna Larson - President  
- Student Council

## President's Message

Congratulations Seniors! We've come a long way; let us go on a great way farther.

A great reservoir of memories will be at our disposal as we look back on our days at Grace. But, they can be only memories, for we cannot stop time or go back, we must go on. A new beginning now awaits us. What we do with our future depends on our goals for today. This is my prayer, you might like to make it yours:

"My life must touch a million  
lives in some way ere I go,  
From this dear world of struggle,  
to the land I do not know.  
So this I always wish, the prayer  
I ever pray:  
Let my life help the other lives  
it touches by the way!"

- anonymous -

A word of encouragement to those left behind  
- it is worth it! It might take you this long to  
find out; but find out!

Thank you for the privilege of being your  
President, and a hearty thank you for your help  
EVERYONE!

Sincerely,

Deanna Larson.

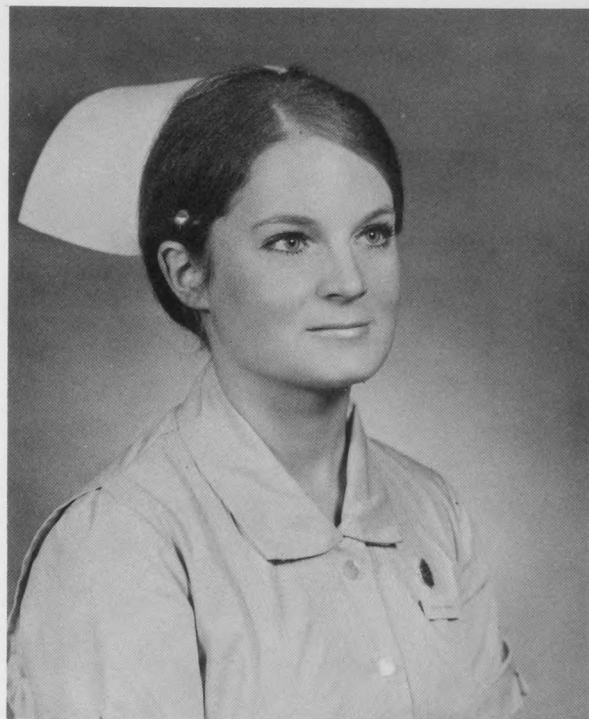


Wendy Bell - Vice-President  
- Student Council





Vicki Scales - President  
- Class of 1971

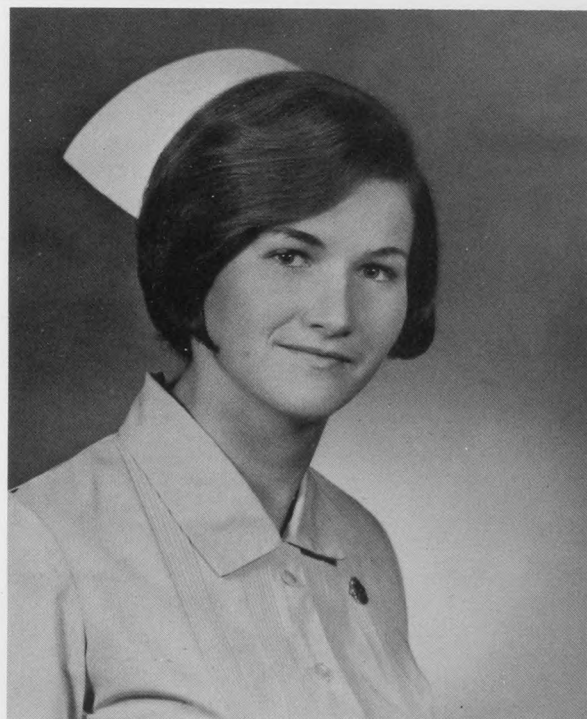


Kathy Toshack - President  
- Class of 1972

## ***Student Body Executive***



Karen Fraser - President  
- Class of 1973



Marg Dyck - Student Council  
- Secretary-Treasurer



SPORTS COMMITTEE:

- B. Kellett
- R. Brooks
- M. Brooks
- S. Beenken
- M. Pearce
- J. Colter



SOCIAL COMMITTEE:

- L. Bruce
- P. Brewer
- P. Sharroch
- L. Vooch
- J. Duxbury



CONSTITUTIONAL COMMITTEE:

- E. Hubic
- P. Olds
- G. Poole
- L. Evans
- L. Gilmour
- B. Harvey



LIBRARY COMMITTEE:

- A. Meekison
- P. Muir
- B. Omand
- D. Ritchie
- J. Martin



RESIDENCE COMMITTEE:

- L. Burnett
- E. Janzen
- J. Routley
- M. Helgason
- J. Richards
- S. Fyfe



THINGS TO DO COMMITTEE:

- D. Zbeetnoff
- V. Kachanoski

NEWSPAPER COMMITTEE:

- B. Friesen
- C. Rodgers



1970-1971 STUDENT COUNCIL





M.S.N.A. Executive

## M.S.N.A.

This year 1970-1971, M.S.N.A. has seen the complete turnover of the executive. With a new executive we plan to introduce new ideas and constitutions. We are re-organizing M.S.N.A. to accommodate the new two-year programme. Our future executives will be elected early in the year, work side by side with the old executive, so that when they take over they will be readily equipped and familiar with the system and programmes.

We were fortunate to be able to participate in the Festival of Life and Learning at the University of Manitoba and hear Dr. Mussallem speak on World Unity - thanks to the School of Nursing and Ward Staff for making arrangements. Sandy Inman and myself were able to attend a press conference and luncheon with Dr. Mussaleem.

The International Inn was the scene of this year's Sweetheart Ball. The Ball was held on March 12 with Pat Arthur representing Grace. Pat, you looked lovely and did a great job!

Slave Days were held to raise money for bursaries. You did a swell job of supporting us.

Future plans include: Inter-school sports, more M.S.N.A. functions per year, and guest speakers at meetings.

Reps: 2nd year - Maxine Helgason  
1st year - Vicky Harrowen

Thanks Vicky for your help. Also a special thank-you to Mrs. Jackson for listening to all my problems and giving help where needed.

Thank you everyone for all the help and support you have given us this year. Without your help, we would not have had M.S.N.A. the success it has been.

Maxine Helgason  
M.S.N.A. Representative,  
President.



## N.C.F.

"I will lift up mine eyes unto the hills from whence cometh my help. My help cometh from the Lord, which made heaven and earth."

Psalms 121: 1,2

Nursing is a changing profession. Everything is progressing rapidly with more knowledge and better techniques. Kids today have a lot to adjust to and cope with. Where do we turn to when we need someone we can depend on? "Jesus Christ the same yesterday and today and forever" says, "I will never leave thee nor forsake thee."

N.C.F. is a place where we can lay open both our frustrations and joys. If we honestly search for answers to our questions and doubts, we find that God and His Word have them. Through discussions and Bible studies, we are learning to know better a source of hope that can be depended on in our fast moving world.

Audrey Loewen

N.C.F. President



## ***"If"... To Our Little Sisters***

If you can smile and keep a cheerful manner  
And all the while be homesick as can be  
And wait for mail, yet see the mailbox empty  
Yet write to them of things you learn and see

If you can help your roommate with her lessons  
And all the time be wishing you were out  
And practise patience, such a pleasing virtue  
Although you feel you would much more rather shout

If you can learn to hold your tongue while speaking  
About teachers, doctors, nurses too,  
But rather tell the little virtues in them  
Remembering the wrong you sometimes do.

If you can learn to like each person near you,  
Or at least to tolerate their funny ways  
If you can learn to keep on ever smiling  
And where it doesn't hurt a little praise.

If you can come in late some Sunday evening  
And feel so tired you can't remember when  
And then you find your bed has been short-sheeted  
But simply strip it and make it up again.

If you can learn to sacrifice a weekend  
Because you know there's work you must yet do  
Or when you think you're treated quite unjustly  
And keep the tears for just your bed and you.

When all the troubles of the world confront you  
And yet a uniform and cap you don  
And go on duty ever smiling  
Remembering the show must carry on.

If you can learn to do these things and others  
That seem to you so very much more worse  
And still you love these years of helping, learning;  
Congratulations!! You're a STUDENT NURSE!!

- unknown -



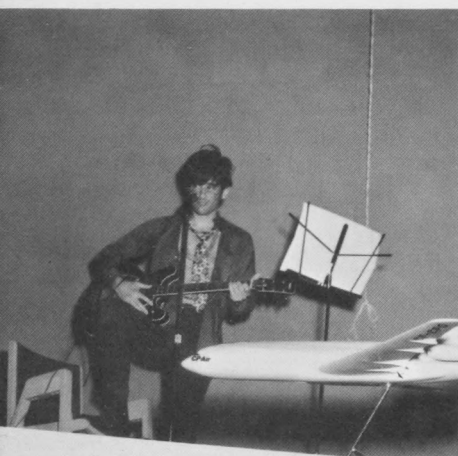


## ***Class of 1970—Our Big Sisters***

L. Abrahams	- U. of M., Wpg.	S. Lyon	- St. Boniface, Wpg.
S. Alvestad	- Grace Hospital, Wpg.	K. Macleod	- U. of M., Wpg.
S. Anderson	- Victoria Hospital, Wpg.	H. Martens	- Winnipeg General Hospital
M. Attwood	- Dauphin, Man.	M. McElroy	- Morden, Man.
J. Bartlett	- Grace Hospital, Wpg.	J. McKinney	- Morden, Man.
A. Copley	- Grace Hospital, Wpg.	L. Morcom (Storozuk)	- Grace Hospital, Wpg.
L. Deane (Watson)	- Grace Hospital, Wpg.	E. Mutch (Melnik)	- Thompson, Man.
J. Dyck (Davies)	- Rehab., Wpg.	G. Parrott	- U. of M., Wpg.
G. Einarson	- Grace Hospital, Wpg.	B. Pederson	- Grace Hospital, Wpg.
R. Elliot	- Winnipeg General Hospital	F. Rout	- Grace Hospital, Wpg.
A. Garnett	- U. of M., Wpg.	B. Rutherford (Markowski)	- Stonewall, Man.
M. Harms	- North Battleford, Sask.	J. Sabine	- Grace Hospital, Wpg.
M. Hoefer (Nixon)	- Misericordia, Wpg.	C. Saskosky (Schaar)	- Pittsburg, Pa.
S. Holmes	- Grace Hospital, Wpg.	I. Schmidt	- Grace Hospital, Wpg.
B. Hopper	- Grace Hospital, Wpg.	S. Schwartz	- Victoria Hospital, Wpg.
L. Janis	- Vancouver, B.C.	E. Simpson	- Grace Hospital, Wpg.
J. Harrison	- Kentville, Nova Scotia	E. Smith	- Toronto, Ont.
H. Hay (Robbins)	- Yukon, Canada	B. Spent	- Deer Lodge, Wpg.
I. Heppner	- MacGregor, Man.	J. Sprott	- Edmonton, Alta.
O. Hiebert	- Russell, Man.	K. Stevens	- Hamiota, Man.
D. Kaszuba	- Winnipeg General Hospital	S. Takaryk	- Deer Lodge, Wpg.
S. Kolybabi	- Grace Hospital, Wpg.	B. Welsh	- Kenora, Ont.
B. Knutson	- Deer Lodge, Wpg.	H. Wiebe	- Texas, U.S.A.
D. Kuhl (Braun)	- Steinbach, Man.	R. Ziemiński	- Grace Hospital, Wpg.
D. Langeman	- U. of M., Wpg.		



Dr. G. Delios...  
...our special speaker.  
("Hope it hasn't been all  
Greek to you!")



Dr. R.C. Wightman...  
(20 years younger, and about  
to be divorced!)



"We love you Seniors"...  
Hawaiian style. "We love  
you Little Sisters... Aloha!!"

## ***I'll Never Forget...***

A long time ago when the earth was green  
There were more kinds of nursing girls than you've ever seen  
And they'd run around wild while the world was being born  
But the whole motley crew looked a little forlorn.

They were green around the gills and a little obese  
And lumpy on the bottom and boney on the knees,  
They were tall and short and thin and fat and early every  
morn,  
The whole motley crew wished they'd never been born.

Now the Major saw some sinning and it gave him pain  
So he said stand back, I'm going to make it rain  
So hey Sister McNaught, I'll tell you what to do  
Go build me a floating zoo.

You take them, etc.

Now Sister was there and she answered to the calling  
And she finished up the ark as the rain started falling  
And she marched in the nursing girls 2 by 2  
And she sung out as they went through.

I've got them, etc.

Well Sister - looked out through the driving rain  
And the nurses were hiding and playing silly games  
They were kicking and a -splashing cause they'd just only met  
And the whole motley crew got their birthday suits wet.

They were, etc.

Then the ark started drifting and it shifted with the tide  
And the students started working a little on the side  
They thought a bit and studied hard and very gradually  
They approached a stage of usefulness to patients and to me.

But they're still, etc.

...  
And the whole motley crew got their uniforms torn.

Today's the day they graduate and I am sad to say,  
The whole motley crew is going to go away,  
So rise and toast these lovely things, but sure as you're born  
You ain't gonna see one look forlorn!

A toast to the Grads!!

Dr. R.C. Wightman

# Class of 1971

Miss C. Anderson	277 Strathmillan Road	Winnipeg	Man.
Miss J. Backlund	Box 178	Minnedosa	Man.
Miss K. Berndt	1216 Wolseley Avenue	Winnipeg 10	Man.
Miss C. Boake		Nesbitt	Man.
Miss J. Braun	Box 331	Plum Coulee	Man.
Miss P. Brewer	849 Kildonan Drive	East Kildonan	Man.
Miss R. Brooks	502 Newman Street	Winnipeg	Man.
Miss L. Bruce	Box 163	Miami	Man.
Miss L. Burnett	c/o A. Priestley 1308 Kelowna Crescent	Calgary 9	Alta.
Mrs. E. Cymbaluk	104 Kay Crescent	Winnipeg	Man.
Miss C. Dyck	11-1924 Portage Avenue	Winnipeg 12	Man.
Miss D. Dyck	Box 446	Morden	Man.
Miss I. Dyck	562 Mark Pearce Avenue	Winnipeg 16	Man.
Miss R. Ewert	Box 1284	Steinbach	Man.
Miss B. Friesen		Hilbre	Man.
Miss C. Hamm	Box 719	Morden	Man.
Miss B. Harper	118 Main Street Rideout	Kenora	Ont.
Miss P. Hrynchuk	387 Seymour Street	Winnipeg 14	Man.
Miss E. Hubic	Box 271	Norquay	Sask.
Miss S. Hutchinson	267 Thompson Drive	Winnipeg 12	Man.
Miss E. Janzen	121 Dunrobin Avenue	Winnipeg 15	Man.
Miss P. Jessett	#9-3459 Portage Avenue	Winnipeg 12	Man.
Mrs. B. Kellett	#216-2510 Portage Avenue	Winnipeg 12	Man.
Miss M. Klassen	Box 942	Steinbach	Man.
Miss E. Kliever	494 Rouge Road	Winnipeg 22	Man.
Miss L. Kuhl	Box 106	Morden	Man.
Miss D. Larson	621 Atlantic Avenue	Thief River Falls	Minn.
Miss C. Lennerton	31 Deer Lodge Place	Winnipeg 12	Man.
Miss B. Lewthwaite	Box 189	Redvers	Sask.
Miss S. Malyska		Deloraine	Man.
Miss L. Mann	172 Frasers Grove	Winnipeg 15	Man.
Miss S. Martin	Box 64	Roland	Man.
Miss J. Meadows	R.R. #1	Minnedosa	Man.
Miss A. Meekison	272 Home Street	Winnipeg 10	Man.
Miss B. Neufeld	Box 136	Elm Creek	Man.
Miss J. Nikkel		Clarkleigh	Man.
Miss C. Olafson	Box 27	Chatfield	Man.
Miss P. Olds	2658 Victor Street	Victoria	B. C.
Miss D. Paulson	441 Greenacre Blvd.	Winnipeg 22	Man.
Miss R. Penner	Box 89	Winkler	Man.
Miss G. Riach	Box 70	Ridgeville	Man.
Miss J. Robertson	1233 Church Avenue	Winnipeg 14	Man.
Mrs. C. Roy		Berens River	Man.
Miss V. Scales	Box 220	Swan River	Man.
Miss E. Schmidt		Oak Bluff	Man.
Miss K. Schweitz	718 School Road	Winnipeg 22	Man.
Miss L. Skilliter		Westgate	Man.
Miss K. Smith	3223 Grant Avenue	Winnipeg 20	Man.
Miss M. Unrau	222 Rosser Avenue	Selkirk	Man.
Miss I. Vanhove	Box 231	Deloraine	Man.
Mrs. S. Walker	#608-200 Ronald Street	Winnipeg 12	Man.
Miss M. Watson	462 Lipton Street	Winnipeg 10	Man.
Miss L. Webb		Manitou	Man.



"Farewell ol' friends"



Lord, make me an instrument of thy Peace  
Where there is hatred, let me see Love;  
Where there is injury, pardon.  
Where there is doubt, faith.  
Where there is darkness, light.  
Where there is sadness, joy.  
Divine Master, grant that I may not so much seek  
to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.  
For it is in giving that we receive.  
It is in pardoning that we are pardoned.  
And it is in dying that we are born to Eternal Life.

Saint Francis of Assissi.







***AS I LEAVE...***



